

## **WEEK 34 - Friday 17 June 2022**

Hello and welcome to the very last Year 11 Blog for the class of 2022.

As the exam period comes to a close, so does the end of Year 11. Words can not describe how proud Mrs Lacey and I are of each and every student in our year group. The way in which they have approached their exams and overcome tremendous amounts of adversity has been incredible.

Thoughts must now move to their post sixteen options and their next steps within education or employment and I wish them every success in whichever pathway they choose. Firstly however they have the fantastic prospect of enjoying the (hopefully) hot Summer Holidays and enjoying their well earned rest.

Students who are attending the Prom have been emailed a GoogleForm to complete, which relates to their meal choices. Please complete and return asap. Prom tickets and the Year Book are still available on ParentPay and I urge you to purchase them as soon as possible to avoid disappointment.

I would like to thank you for your support and engagement and, most importantly, the encouragement you have given to your child. I have no doubt that at times this could have led to disagreements and heartache, but in years to come they will look back on this period of time and thank you for all your efforts and appreciate everything you have done.

Once again, thank you and enjoy the Summer Holidays.

Regards

Mr Julian

Head of Year 11

Mrs Lacey

Assistant Head of Year 11

**Date for the diary:**

**Prom - Friday 1 July**

**Results day - Thursday 25 August**

**Yearbooks will be available for collection from September - an exact date will be sent in August.**

## **WEEK 32 - Friday 27 May 2022**

Hello and welcome to this week's Year 11 Blog.

This week marks the end of the second full week of GCSE Exams for the Year 11s and the students have more than earned a rest.

I have been incredibly pleased at how well the students have approached their exams and the school has been a hive of activity. The importance of teamwork is paramount during this period and I would like to thank the staff who helped to coordinate the organisation and smooth running of the exam period. Mrs Meir and the Exams team deserve a special mention for all their hard work ensuring the students are fully prepared before sitting their exams.

As previously mentioned as we approach the end of Year 11, attention has turned towards the 'Prom'... Prom is now an integral part of schools calendars across the country and we are no different. What really sets us apart from the rest however, is the opportunity we offer through our Prom Outfit Hire Shop. Launched last year, the service enables students to hire a prom outfit - new or nearly new suits, dresses and accessories - for a nominal cost of £10 (to cover cleaning) and we hope providing this service means that the Prom experience can be enjoyed by as many students as possible without too much worry about the cost.

We have created a hire shop [website](#) (which is available to Year 11 students through their Google sign in), we are still uploading outfit images but many, many outfits are already available to view. To enquire about hire or to organise a viewing/fitting, please contact [prom@hessleacademy.com](mailto:prom@hessleacademy.com). Once again, thank you to everyone that has supported us with this venture.

Both the Prom Tickets and Yearbook are available to purchase on ParentPay or the school reception, if you have any questions or queries please do not hesitate to contact me.

I would like to wish you all a happy and restful half term and we will see you all back in school on the 6 June.

Regards

Mr Julian

Head of Year 11

Mrs Lacey

Assistant Head of Year 11

## **WEEK 30 - Friday 13 May 2022**

This is it, the first full week of exams has arrived! As I am sure you are aware this week sees the first full week of exams with Religious Studies, Computer Science, Turkish, Biology, English, History and Maths being some of the exams happening this week. The students of Year 11 have prepared well for this moment and I am always pleased to see so many members of my year group continuing to attend intervention and after school revision sessions.

The students of year 11 will undoubtedly be feeling the pressure this week and as we move further into the exam period the risk of students feeling overwhelmed by the volume of work and added workload. More often than not these feelings can be compounded by the fact they struggle to prioritise subject revision.

Having a clear plan of attack during these remaining weeks is crucial and following a series of steps can help relieve some of the stress and added pressure.

Steps to success:

Write down all of their tasks (big, small and immediate). Listing all tasks as individual items helps make your workload feel less overwhelming. Knowing what is actually on your plate is crucial.

1. Determine which tasks are truly important and what can wait. Not all tasks are equally important! Unfortunately, we have a habit of gravitating towards the less urgent and easiest options. Having a daily/weekly 'must-do' list can help remain focussed and on task
2. Have a schedule. Knowing what is happening and more importantly when it is happening is key! Having a weekly schedule highlighting their revision sessions (at school and home), mock exams, as well as free time allows the students to anticipate potentially busy weeks and get a head start on priority tasks
3. Tackle their most challenging tasks first. When revising it is often easy to focus on the subjects we find easiest. RAG Rating (Red, Amber, Green), subjects and topics will allow students to concentrate on potentially problematic areas of study
4. Give yourself plenty of time to focus on each individual task. Time management is crucial, so too is having a suitable 'learning space'. This can be as simple as having your revision guides, prompt cards, exercise books ready early. Having a space away from distractions is important, stick to your schedule and be prepared to switch off

Right now the prospect of sitting further GCSE exams will undoubtedly be a concern to many students in Year 11 and I encourage you to have a conversation with your child, discuss the steps mentioned above and most importantly encourage them to discuss their concerns with their Year Leader, Tutors and Teaching Staff.

Thank you

Mr Julian

Head of Year 11

Mrs Lacey

## WEEK 28 - Friday 29 April 2022

Welcome back, I hope you all had an enjoyable holiday.

I was fortunate enough to be able to get away for a few days with my wife, son and dog to Northumbria during the holiday, our first time visiting the area. The weather was kind and we managed to spend our days walking and playing on beaches that would not look out of place in Australasia.

As I stood on the beach it was impossible not to notice the large number of people using the beach for exercise and it got me thinking about not only the obvious physical benefits to exercise but also its benefits to mental health.

That feeling after a workout, red faced, breathless and desperate to lie down? But pleased with yourself for giving it a go, and strangely more energised and those troublesome problems might not seem quite so big as before.

Exercise stimulates positive endorphins, clears your head and lifts your mood.

The Department of Health published research in 2018 that showed that 12% of cases of depression could be prevented with one hour of exercise a week, and three hours of week could reduce the risk of depression by 30%.

Can exercise help you handle stress?

Absolutely, when we feel down everything can feel overwhelming. Looking after yourself in these times of stress becomes even more important and exercise could be the perfect medicine. Exercise is clinically proven to stimulate serotonin, your natural feel good factor.

Why is exercise such a mood booster?

Exercise is fantastic at releasing tension and reducing stress. Being active is one of the best things you can do to help build resilience. The feeling of accomplishment as well as noticeable improvements to your physical health will help boost your mood.

Which workout will make you happy?

If the thought of joining a gym or running through your local streets fills you with dread, remember anything is better than nothing. Start small, even a few minutes of low intensity exercise will release pain-relieving endorphins.

To build friendships try joining a sports team. Social connectivity is incredibly important, being with other people can help motivate you

1. To calm the mind try yoga, pilates or t'ai chi. Exercises that work with your breathing is particularly good for improving mindfulness
2. To release tension try boxing, HITT training or high intensity sessions that completely absorb your attention.

The capacity to deal with challenges and obstacles will improve as their resilience and mental toughness strengthens ensuring they are both physically and mentally ready for their next steps in life.

With the continued light nights and improving weather, I encourage you all to get out and enjoy the fresh air, get exercising and most importantly spend time together.

If you have any questions or queries please do not hesitate to contact me.

Thank you

Mr Julian

Head of Year 11

Mrs Lacey

Assistant Head of Year 11

## **WEEK 26 - Friday 1 April 2022**

Hello and welcome to this week's Year 11 Blog.

What a difference a day makes...

Last week we saw the school field reopening after the long winter period and it was fantastic to see the students making the most out of the glorious weather, playing football and enjoying the chance to sit and chill in the sun.

Fast forward to this week, the sun has gone, the biting wind and rain has returned and students and staff have returned to dreaming of warmer climates.

It was great to see so many of you at last week's Parents Information Evening with the key message of 'It's not too late to start' very much at the forefront of the presentation and subject information stalls. The importance of reiterating this message to your child/children can not be underestimated and their hard work and sacrifices now will ensure they achieve the grades they deserve.

This week I spoke to a Year 11 student who was worried that their exams would not go well, and the overwhelming feeling that they have not done enough revision. Sadly these are the thoughts and feelings of so many young people at this time of year, and the message I find myself repeating is "If you go into your exams knowing you have done all that you can, you try your very hardest then no one can ask anymore of you. Believe in yourself; you can achieve anything if you only believe in yourself".

I would like to ask that you continue to positively encourage your child and take an interest in their revision and learning. Each student has received a personalised timetable for their exams, highlighting and discussing exams they are worried about will help relieve their concerns. Revision is important but so too is getting enough rest, please encourage the need for a good night's sleep.

Finally, in the words of Zig Ziglar... "You don't have to be great to start, but you have to start to be great."

If you have any questions or queries please do not hesitate to contact me.

I would like to thank you for all your continued support and encouragement. The school, and most importantly, your child does appreciate it.

Thank you

Mr Julian

Head of Year 11

Mrs Lacey

Assistant Head of Year 11

## **WEEK 24 - Friday 18 March 2022**

Hello and welcome to the Year 11 Blog.

This week I had the opportunity to attend a Secondary National Conference titled 'Hope in Action': just hoping is not enough. As I sat and listened to a panel of educational professionals from across the country, one thing was the same no matter which part of the country they came from, 'Hoping is not going to be enough', students must make the most of the time and opportunities they have left.

With just 59 days left before the first GCSE Exam (much less, if we're only counting school days), just hoping 'everything will be alright' is not going to be enough and it is our responsibility as teachers, parents and carers to ensure the young people are ready. With that in mind, I ask you the question; is your child doing enough?

As the Head of Year 11 and a member of the Hessle High School community I am just one of many members of staff who continue to explain to our young people that it isn't too late! Hard work and dedication from this point forward will see them reap the rewards they deserve, but it isn't going to be easy.

We are here to support both students and you as parents and carers, so if you have any questions or you need clarification please do not hesitate to contact me.

Revision sessions continue to be available each night after school and are available to all students, please encourage your child to attend these sessions as part of their revision schedule. There will be an opportunity for parents and carers of Year 11 to attend an information evening on Thursday 24 March where you will have the chance to speak to Heads of Departments and gather key information before we enter the exam period. I hope to see you all there (more information to follow).

I would like to thank you for all your continued support and encouragement. The school, and most importantly, your child does appreciate it.

Thank you

Regards

Mr Julian

Head of Year 11

Mrs Lacey

Assistant Head of Year 11

## WEEK 22 - Friday 4 March 2022

Welcome to the Year 11 Blog.

This week both staff and students have taken part in World Book Day, with students having the opportunity to listen to different chapters of a book throughout the day read by members of staff. Students were also given book tokens to use within local bookstores which was well received.

This week has also seen many students receiving their Mock Exam results and it was great to see so many of the year group happy with the results they achieved. This inevitably has a flip side with a small number of students being disappointed with their results. Hopefully this disappointment will be the motivation they need to maximise their efforts in the remaining weeks.

As we approach the end of Year 11, attention has turned towards the 'Prom'... Prom is now an integral part of schools across the country and Hessle High School is no different. What really sets Hessle High School apart from the rest however is the opportunity we offer through our Prom Hire Shop. Last year we launched our first Prom Hire Shop to support our students and to ensure students have access for this big event.

We have created a hire shop [website](#) (which is available to Y11 students through their Google sign in), we are still uploading outfit images but many are available to view. The cost to hire outfits is very low (£10 to cover dry cleaning) and means that the Prom experience can be enjoyed by as many students as possible without too much worry about the cost. Once again, thank you to everyone that has supported us with this venture. To enquire about hire or to organise a viewing/fitting contact [prom@hessleacademy.com](mailto:prom@hessleacademy.com)

If you have any further questions or queries please do not hesitate to contact me.

Regards

Mr Julian

Head of Year 11

Mrs Lacey

Assistant Head of Year 11



## **WEEK 18 - Friday 28 January 2022**

Well, it is safe to say that the Year 11s are certainly back into the swing of things.

It has been fantastic to see so many students staying behind after school to complete their planned revision sessions this week as well as students using the LRC area to complete their own revision. There is certainly a new feeling of excitement, nervousness and focus, and that's just me!

With their last set of Mock Exams starting the week beginning the 7 February, it is very pleasing to see so many students showing such commitment to their studies. As previously mentioned students have received a copy of the revision timetable via email and subject specific sessions are running each evening. This is a fantastic opportunity for the young people to gain further knowledge and recap on crucial exam techniques and tips.

This week we see the return of the Year 11 Mock Interview and Target Setting Day, a particular highlight of the school calendar which provides students the opportunity to participate in a simulated job interview. Students often approach the day with trepidation as they face the unknown yet undoubtedly leave having overcome their fears and learnt invaluable life skills.

The second part of the day is split into two parts; the first allows students to visit their teaching members of staff to have a discussion about each of their subjects and agree on a series of targets and priorities moving towards the exams and the second sees students participate in a specific revision session.

I would like to finish by giving a special mention to a student in Year 11. Nathan Brown has quietly been honing his skills in the pool for a number of years and, more recently, has been taking part in a number of swimming galas across the country. Nathan currently represents Driffild Amateur Swim Club, Kingston Upon Hull Swimming and the Richmond Dales Para Squad. Nathan had his leg amputated when he was 18 months old yet this has not stopped him participating at the highest level and, after taking part in the Commonwealth Para Championships in Swansea in December (50m breaststroke, 100m freestyle and 400m freestyle), he is preparing to compete in the next round of World Para Championship series in Aberdeen in February. Nathan's ultimate goal is to represent the GB Para Swim Squad and hopes that his hard work will pay off. Nathan swims twice a day at 6am in the morning and again after school. We wish him all the very best in Aberdeen and hope to see him fulfilling his dreams.

Regards

Mr Julian

Head of Year 11

Mrs Lacey

Assistant Head of Year 11

## **WEEK 16 - Friday 14 January 2022**

I would like to wish you all a very Happy New Year and welcome you back to the first Head of Year Blog of 2022; I hope you all had an enjoyable Christmas.

As we approach the end of the first full week back at school, I am pleased to report that our Year 11 students have returned to school with a great deal of enthusiasm and eagerness to get on with their work. To that end, they have received information this week regarding their after school revision sessions that will be running every night of the week. These sessions are a fantastic opportunity for the students to gain further guidance and instruction from their teaching staff, covering key topics and exam practice in preparation for their up and coming exams. We have offered these revision sessions for a number of years now and their importance can not be underestimated. If you would like to know more about the sessions on offer please do not hesitate to contact me.

Already, a number of students have begun to use our Learner Resource Centre, working on the school computers and revising together after school. This is really great to see and they deserve all the recognition and praise they receive.

Since returning to school we have already seen students sitting a number of exams. Including the Cambridge National Sports Exam, a GCSE Food practical Exam as well as the BTEC Childcare exam. This has certainly brought home the realisation that their time at high school is coming to a close. With this in mind, there is always a risk of talking about their impending GCSE exams too much and we often walk a fine line between ensuring students understand the importance of being ready and well prepared and placing excessive pressure on them. Communication is therefore crucial, between both parents/carers and child as well as home and school.

As we inevitably move ever closer towards the end of year 11, I would like to remind you that as a Year Team, we are here to help and support you and your child through arguably the most important stages of their education to date and encourage you to contact the Year Team with any questions or concerns you may have.

Finally, with the serious risk of sounding like a stuck record, I must once again mention 'attendance' and I urge you to discuss the importance of having 'good' attendance and how damaging missed school days can have on your child's knowledge. Now more so than ever your child needs to be in front of their teachers.

Once again, Happy New Year.

Regards.

Mr Julian

Head of Year 11

Mrs Lacey

Assistant Head of Year 11

## **WEEK 14 - Friday 17 December 2021**

And, just like that, it was Christmas!

I don't know about you, but for the first time that I can remember it just doesn't seem like Christmas....yet?! I still have what appears to be a never ending list of presents to source, as well as facing the dreaded wrapping of said presents, something that I have never been able to do well.

Having said that, it is a hugely enjoyable time of year and both my wife and son join me in the love of this magical family focussed time.

Unbelievably it was last December when Mrs Lacey and I were introducing ourselves to you and setting out our hopes and aspirations for the students in our Year Group. Now, a year on we are in touching distance of the final months of Year 11.

This week the students of Year 11 have taken part in their Careers Week, which gave the young people the opportunity to work on their CVs, speak to members of the local community and participate in activities and events designed to provide crucial information for their post sixteen option choices. Thanks must go to Miss Lawes who has done a wonderful job of providing such an engaging event in what can be best described as a difficult, ever changing environment. Miss Lawes was incredibly pleased at how well the students had engaged in the week and sent me a wonderful email with glowing feedback from our guests and visitors.

Over their remaining months, the Year 11 team will continue to support and guide our students and it has been a pleasure to see so many showing such determination and commitment to their studies. They must now use this Christmas holiday to recuperate and spend quality time with family before returning to us in January fully rested and ready to attack their revision and exams.

The last day of term sees the annual and much anticipated Staff v Y11 Students football match. Those students who put themselves forward to play in the match must first prove they deserve the opportunity and undertake a four week behaviour report. Attendance, behaviour and attitude towards learning are all considered and this group of year 11s have more than risen to the challenge. Never before have we seen so many training sessions, set plays and a desire to win, and maybe, just maybe this year we will see a team capable of beating (an aging and increasingly creaking) group of staff.

I would like to wish you all a wonderful Christmas and New Year, have a great holiday and stay safe.

Take care.

Mr Julian

Head of Year 11

Mrs Lacey

Assistant Head of Year 11

## **WEEK 12 - Friday 3 December 2021**

With the Year 11s having now finished their two weeks of Mock Exams and the 'catch ups' completed, it is now a case of waiting, with the students undoubtedly having those nagging thoughts and emotions, "I hope I passed", "What scores did I get?" and "What happens if I don't do well?".

However hard, both the exams and subsequent waiting period is, it is an essential part of preparing for their final exams. I am sure you will all remember your final school exams and the unbelievable feeling of relief once they are finished, quickly followed by the looming dread of results day. During the remaining weeks of this term I will be using this time to discuss 'Choices' and most importantly making the 'Right Choices'.

I was incredibly pleased at how well the Year 11 students approached these Mock Exams and their behaviour throughout was very pleasing. For the vast majority of the year, these exams were some of the first since Year 8!

During the two weeks they certainly made a lot of the right choices. Attendance was higher, behaviour better, and attitude to learning heightened. The students certainly understood our expectations and more than rose to the challenge. Maintaining this intensity is now crucial, and that is where I once again ask that you use the Christmas Holiday to discuss the importance of making the right choices and ensuring that your child is prepared for their remaining months at Hessle High School.

Making the right choices:

1. Revision guides, cue cards, pens and notepads, etc are bought and ready to use
2. A revision timetable is completed and ready to follow (Students have the opportunity to finish a revision timetable in Tutor if required)
3. Conversations have been held with teachers - targeted revision ideas and areas of improvement discussed
4. Intervention Sessions are being attended
5. School attendance is high and revision sessions attended
6. Have a target! What/where do you want to go after Year 11?

Over the coming months I will continue to challenge my Year 11 students on their choices and the importance of 'rising to the challenge'. Are they challenging themselves? Are their friends having a positive influence on them? and are they starting early enough?

Communication is crucial and I ask that, if you have any concerns that you please contact me via: [hoyyear11@hessleacademy.com](mailto:hoyyear11@hessleacademy.com) or the school switchboard.

Take care and stay safe.

Mr Julian

Head of Year 11

Mrs Lacey

Assistant Head of Year 11

## **WEEK 10 - Friday 19 November**

Hello, and welcome to this week's Year 11 Blog.

Over the past week within Tutor time the Year 11s have been looking at the importance of 'kindness' as well as continuing to have a weekly focus on all things relating to post sixteen option choices and future careers.

The week has finished with a fantastic assembly, delivered by Mr Scott who spoke in detail about his time in education and the difficulties he faced growing up. The students sat and listened intently to his story and will have hopefully left with a greater understanding of the impact that unnecessary nastiness and cruelty can have on others.

Within my last Blog I talked about the importance of kindness and how simple acts of kindness can go a long way. This is certainly worth bearing in mind and remembering when the word 'Banter' is increasingly being used to justify unpleasantness to one another.

Over the coming weeks we will look in greater detail at this; where do we draw the line between acceptable language and unacceptable language? Is it Banter or Bullying? Understanding the four elements of bullying (as described by the anti-bullying alliance) is vital to knowing whether something is bullying: intentional, hurtful, repetitive, and involves a power imbalance.

As a Tutor group the Year 11s will start to explore suggested questions and strategies such as: What is banter?, when does banter turn into bullying? how do we know if we cross the line? and do people use the term banter to disguise bullying?

Before finishing this week's Blog I must first commend the Year Group for how well they have behaved during the first week of Mock Exams. For some of the students this is the first time they have had to sit a series of exams since year 8! It has certainly been a steep learning curve but one which is essential in preparing the young people for their GCSEs. Please continue to encourage your child/children to revise and attend any intervention, revision or catch up sessions being offered to them.

If you are concerned, have any questions or would like to speak to me, please do not hesitate to contact me: [hoyyear11@hessleacademy.com](mailto:hoyyear11@hessleacademy.com)

Take care and stay safe.

Mr Julian

Head of Year 11

Mrs Lacey

Assistant Head of Year 11

## **WEEK 8 - Friday 5 November 2021**

The importance of kindness

"If everyone did one random act of kindness each day, we might just change the world"  
BulliesOut, UK anti-bullying charity.

Next week the focus of my Year 11 Assembly is 'Kindness' and reflecting on the importance of kindness, not only towards others but also on ourselves. Hopefully by the end of the assembly recognising that even the smallest amount of kindness can go a long way!

Watching the daily news or reading the papers it is very easy to become downhearted and feel overwhelmed by the levels of negativity and unhappiness across the globe, and now more than ever it seems appropriate that we take every opportunity possible to make another person smile.

A simple act of kindness can have such an effect.

And the best bit...Being kind is for everyone! That feeling you get when you see the impact of kindness can improve your whole day and hopefully inspire others to 'pay it forward' and do the same for others.

So, what are random acts of kindness?

Listed below are a handful of examples of acts of kindness that could make a difference to someone:

1. Pay someone a compliment
2. Smile at someone
3. Send a message to a friend you know is struggling
4. Do something nice for someone you may not know very well (hold a door open, get in touch, ask how they are)
5. Help someone with their work/revision
6. Tell someone who you admire, why you admire them
7. Thank someone

Whilst being kind to others is important, so is remembering to be kind to yourself as well. With social media playing such a large part in our lives understanding what self-kindness means is imperative. Don't judge yourself harshly, don't hold yourself to impossibly high standards and stop comparing yourself to others for making a mistake, or not being good enough.

Being kind is not just something we can do in the 'real' world, it also relates to our online behaviour too. Explaining the importance of thinking before they type and not involving themselves in potentially long lasting and hugely damaging online negativity.

So, be kind, being kind really does matter.

If you are concerned and would like to speak to me, please do not hesitate to contact me: [hoyyear11@hessleacademy.com](mailto:hoyyear11@hessleacademy.com)

Take care and stay safe

Mr Julian

Head of Year 11

Mrs Lacey

Assistant Head of Year 11

## WEEK 6 - Friday 15 October 2021

### Developing Resilience...

A wise man once said "Nothing in this world can take the place of persistence and perseverance". It was actually my old Form Teacher, Mr Rowntree, and his words have stayed with me for 22 years (and counting).

With the risk of placing too much importance on resilience, the need to develop these skills is probably more important now than ever before. It is worth saying that resilience, perseverance and coping skills can all be improved and developed with hard work.

The role of developing resilience relies heavily on providing our young people the right environment to learn. We not only have to provide the right amount of challenge but also the right amount of support. Too much challenge and no support results in stress, pressure and burnouts. Too much support and not enough challenge can lead to complacency.

So, how can we develop resilience?:

1. Keep your eye on the Prize (Maintain your perspective). Keeping a sense of perspective is crucial. Having the ability to keep an eye on the bigger picture as well as the mundane small details will help stay on track. Being able to focus on both during tough periods will help develop resilience
2. Surround yourself with people who make you feel good, and further your development. Often when we isolate ourselves due to growing pressures, the more we brood over bad decisions which in turn increases our stress and frustration. Surrounding yourself with likeminded, kind hardworking people will impact on our wellbeing and effort levels
3. Believe in yourself and your own abilities. Have hope! Being optimistic is crucial in developing resilience. When you believe in yourself you are more likely to push yourself and place yourself into challenging (and hugely rewarding) situations
4. Be flexible. Learn to be adaptable, things will go wrong, being able to 'flex' with these changes is a key part of resilience. Bruce Lee noted "the stiffest tree is most easily cracked"
5. There will be some stress...Don't totally avoid stressful situations. Finding the right balance is tricky but some stress is helpful, it means you care

I would like to finish this week's Blog in the same way as the last:

Right now the prospect of sitting their GCSE exams will undoubtedly be a concern to many students in Year 11 and I encourage you to have a conversation with your child, discuss the steps mentioned above and most importantly encourage them to discuss their concerns with their Year Leader, Tutors and Teaching Staff.

If you are concerned and would like to speak to me, please do not hesitate to contact me:  
[hoyyear11@hessleacademy.com](mailto:hoyyear11@hessleacademy.com)

Take care and stay safe.

Mr Julian



Head of Year 11

Mrs Lacey

Assistant Head of Year 11

## **WEEK 4 - Friday 1 October 2021**

The importance of being able to prioritise.

As we move ever closer towards the exams students will often mention that they are overwhelmed by the volume of work and added workload. More often than not this is caused and compounded by the fact that students struggle to prioritise their tasks.

Being able to prioritise is an underrated skill, and one which is often overlooked.

Having a plan of attack for their increasing workload can often break the cycle of missed homework, poor revision and the stress of falling behind.

The good news is (and one which I will repeatedly mention to students) taking control of your tasks can be improved as simply as looking at how they approach their work.

Steps to success - How to prioritise:

1. Write down all of their tasks (big, small and immediate). Listing all tasks as individual items helps make your workload feel less overwhelming. Knowing what is actually on your plate is crucial.
2. Determine which tasks are truly important and what can wait. Not all tasks are equally important! Unfortunately, we have a habit of gravitating towards the less urgent and easiest options. Having a daily/weekly 'must-do' list can help remain focussed and on task
3. Have a schedule. Knowing what is happening and more importantly when it is happening is key! Having a weekly schedule highlighting their revision sessions (at school and home), mock exams, as well as free time allows the students to anticipate potentially busy weeks and get a head start on priority tasks
4. Tackle their most challenging tasks first. When revising it is often easy to focus on the subjects we find easiest. RAG Rating (Red, Amber, Green), subjects and topics will allow students to concentrate on potentially problematic areas of study
5. Give yourself plenty of time to focus on each individual task. Time management is crucial, so too is having a suitable 'learning space'. This can be as simple as having your revision guides, prompt cards, exercise books ready early. Having a space away from distractions is important, stick to your schedule and be prepared to switch off mobile phones and electronic devices during this time

Right now the prospect of sitting their GCSE exams will undoubtedly be a concern to many students in Year 11 and I encourage you to have a conversation with your child, discuss the steps mentioned above and most importantly encourage them to discuss their concerns with their Year Leader, Tutors and Teaching Staff.

If you are concerned and would like to speak to me, please do not hesitate to contact me:

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Take care and stay safe.

Mr Julian

Head of Year 11

Mrs Lacey

Assistant Head of Year 11

## **WEEK 2 - Friday 17 September 2021**

I would like to welcome you all back to the first official Year 11 Blog after what I hope has been a restful and enjoyable Summer Holiday.

It seems like only yesterday that we were welcoming the young people into Year 7 and now we are preparing for their final months.

Since returning to school Mrs Lacey and I have been incredibly pleased at how well the students of Y11 have started back. Seeing so many students participating in the first revision sessions of the term has been wonderful to see, and long may that continue.

There is always a risk of talking about their impending exams too much and we often walk a fine line between ensuring students understand the importance of being ready and well prepared and placing excessive pressure on them. As we move ever closer towards the end of year exams I would like to remind you that as a Year Team, we are here to help and support you and your child through arguably the most important stages of their education to date.

This week I delivered my first Year Group Assembly centered on 'Resilience'. A skill often talked about but a lot harder to develop! Life is hard and we are often faced with difficult decisions and choices but it is often these deciding moments that make us who we are. I want every young person in my year group to embrace their final year and these tough moments and take their first steps into the 'Real World'.

Throughout the Tutor Programme the Year 11's will continue to look at careers information advice and guidance and next week (Thursday 23) the Year group will be involved in the fantastic Prison Me Know Way sessions.

Finally, I look forward to seeing the parents of my Year Group next Wednesday at the Y11 Parents Information Evening.

If you do have any questions or queries please do not hesitate to contact me: [hoyyear11@hessleacademy.com](mailto:hoyyear11@hessleacademy.com)

Take care and stay safe.

Mr Julian

Head of Year 11

Mrs Lacey

Assistant Head of Year 11