

Gartree High School

Ridgeway, Oadby, Leicester, LE2 5TQ



8th June 2018

Dear parents and carers,

Thousands of teenagers are currently taking GCSE and 'A' level exams over the exams season. I can still remember the nerves and anxiety of taking exams, even though it was quite some years ago. The nightmare of not being fully prepared is one that haunts many of us and still feels real many years on. I am in awe of the students, balancing the huge workload that they have in the current assessment regime- and acutely aware of the possible link to increased anxiety and stress amongst young people. Summative tests and exams make up an important part of school life. We are approaching our exams season and the results will help the teachers and students prepare for next steps and priorities.

During this period there are a number of things that you as parents could do to support your son or daughter. A simple approach would be to focus on eat, sleep, exercise – repeat! Feeding them is the biggie. Ensuring they have breakfast, eat lunch and have snacks is always a good plan. Practical help – making sure they have what they need in their pencil case and any other books, paper or support materials they may need. Get a copy of their exam timetable so that you don't have to constantly ask about exams but can discreetly check what is coming up. Be patient – they will be stressed, so cut them some slack and don't show your own anxiety. Finally, just be there – not looking over their shoulder but available even it is to supply a comforting hot drink. I wish all the students well with their examinations.

On Tuesday, a group of Year 8 boys and girls travelled to Bardon Hill Sports Club in Coalville to take part in the Aggregate Industries Concrete Touch Rugby festival. Sporting the new school rugby kit, the students performed magnificently well. They were unbeaten during the whole festival, winning three of their four matches and drawing the other.

On Wednesday, the Year 7 boys cricket team hosted Rushey Mead Academy. Their run in the county cup came to end after losing in a high scoring match. A fantastic knock by Zubin and a magnificent bowling display by Oliver were the highlights.

On Tuesday and Thursday evening, fifteen of Gartree's Sport Leaders travelled to Oadby Tennis Club to help run the primary schools tennis tournament. The organisers said their help was invaluable and were very complimentary about all their assistance with the younger pupils.

Have a good weekend.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'S. Singleton'.

Sonia Singleton
Headteacher

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