



Important dates for your diary:

Tuesday 15 May - 21 June - Year 11 GCSEs
Monday 28 May - Friday 1 June - May Half Term
Wednesday 13 June - Year 9 Parents Evening
Friday 15 June - Inset Day (Eid)
Monday 18 June - Friday 22 June - Year 10 Exams
Wednesday 27 June - Year 11 Prom
Monday 16 July - Sports Day
Thursday 19 July - Last Day of School

See our term dates for this academic year:

[2017/2018 term dates](#)

Headteacher's Message

Dear Parents and Families,

Once again we reach the end of yet another very busy half term in the academic year here at Wapping High.

Year 11 students deserve our full respect as they pull out all the stops and continue to work amazingly hard to achieve all they can in their GCSE exams.

Staff also continue to work very hard to provide all the necessary support they can to ensure Year 11 are as well prepared as possible for each individual challenge and the sense of teamwork here at the moment is truly fantastic.

Please note that after the half term Year 11 will only be required to attend school for their exams and now subject booster lessons will be optional unless subject teachers urge individuals to attend. This is designed to ease some of the stress that Year 11 are clearly feeling in the middle of the exam series.

Finally, to all Wapping High students, I genuinely hope that you have a well deserved and restful break over half term and come back on Monday 4th June fully charged and ready to go again.

Best wishes to you all,

Mr Nelson
Headteacher

News

Well Done!

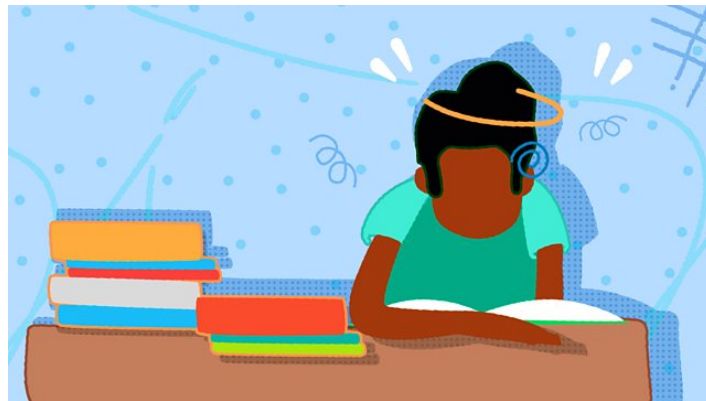
Well done to Sausan and Khadija in Year 11 who shared their Top Tips for Ramadan this week in our Year 11 assembly. It was great to hear some excellent suggestions about how to stay healthy and maintain your stamina during the fasting period.

Ms Sorba

Top Tips for Reducing Exam Stress

It is really important that you are feeling your best and ready for your GCSEs. It is vital that you are feeling refreshed and energised going into an exam so you can achieve your very best.

Here are a few ways in which you can make sure you are on top form;



BBC Radio 1: This is a good article to help you identify if you are stressed and includes ways in which to reduce stress.

<http://www.bbc.co.uk/programmes/articles/1HsY1X8ySjKBMVXPVCbP4qH/exam-stress?scrlybrkr>

NHS advice on reducing stress: The NHS provides lots of advice on how to stay mentally and physically healthy during your exams

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>

HeadSpace is a mindfulness app that helps you to 'train your mind for a healthier, happier you'. You could try it before you go to bed, or when you get in from school?

https://www.headspace.com/register?utm_source=google&utm_medium=cpc&utm_campaign=917256454&utm_content=51529952372&utm_term=227077126745&head%20space&qclid=EAlalQobChMIwNTiyPb92qIViNdkCh1tUAPdEAAYASAAEgKeuPD_BwE

Yoga studio is a great way to do some gentle exercise and practice breathing techniques. If you are struggling to sleep this is a great way to destress before bed.

<http://www.yogastudioapp.com/>

SEND Tip of the Week

A great revision tip is to try and teach someone else a topic. Parents, this is a great opportunity to have a more in depth discussion of your child's day at school than 'it was okay!' Ask your child what they are revising for, ask them to choose one topic and explain the key words to you. If you can then ask your child 'how does that work?', or 'why does that happen?' it is a great way for them to consolidate the knowledge. If they don't know, ask them to find out and then tell you. It also helps build our students' confidence as they feel they are teaching their parents!

Miss Harvey

Notices

GCSE Booster Sessions

Please be reminded that booster sessions will be running from the 14th of May with subject teachers. GCSEs **will** continue to run until 21st June. Keep up the good work Year 11! See the booster session [timetable](#) and the GCSE [timetable](#) attached.

Mrs Stonebanks

Year 11 Prom

Not long left till Year 11 will be celebrating Prom which will be on the 27th of June. Please can all Year 11's return their reply slips and payments to the school Reception.

Thank you.

Mr Ali

Year 9 Parents Evening 13th of June

This is an important event for your child and we hope that you will attend with your son or daughter as this will be an opportunity for you to discuss your child's progress with each individual subject teacher. Parents are required to book their meetings with their child's teachers via their planners, page 125. Please ensure that you bring their planner with you as your child will complete this page with a list of their appointments with their subject teachers in preparation for the evening.

Thank you.

Mr Ali
