

Last week, 48 students and 5 staff had the most amazing sports trip to Salou, Spain. All of the students were a credit to themselves and the Academy and thoroughly enjoyed their trip. They experienced a range of sports, activities and sightseeing, as well as time around the pool, rounders on the beach, football matches, training sessions, a visit to Port Aventura, Go-Karting, a trip to Barcelona Zoo and the Nou Camp. We were only slightly jealous of their tans on their return to the UK after a week in the sun!



Last Friday, some Year 8 students were involved in a workshop with Durham Light Infantry. The session, 'Real Lives, Real Stories', helped our students to investigate the lives of men; soldiers, who contributed to the war effort in World War One. Students researched their lives before, during and after the war using primary source material. After investigating the lives of George Thompson, George McKean, Martin James Seeber, James Birch, and Septimus Aberdeen, they handled artefacts from the War and were able to try on soldiers' uniforms. Students commented that they felt handling the materials helped them to gain a better insight into what life was like for men during the War; they thoroughly enjoyed the session.



On Wednesday, our Year 7 students welcomed the North-East Sikh Education Service. Mr Jaswinder Singh, spoke to the students about Sikhi to develop their understanding of religions and their place in our society. The visit supports the Philosophy and Religion curriculum as the students start an in-depth study of this worldview to support their enquiry question of What is belief?



Next week, our A-Level and GCSE students will begin their final examinations. This is an intense time for them, and we are supporting our students with exam slams, revision sessions and opportunities to have guided revision and exam practice in lessons. Monday will mark the start of a month of regular exams, and this timely advice may support your child at home. We wish all of our exam students the very best of luck – we know that they will be fantastic!

**GOOD
LUCK!**

GOOD REVISERS

by @Inner_Drive
www.innerdrive.co.uk

POOR REVISERS

Eat breakfast



Skip breakfast

Sleep 8-10 hours a night



Get little sleep

Have regular bed times



Have Inconsistent bed times

Get fresh air each day



Stay indoors all day

Exercise regularly



Do no exercise

Do past papers



Mostly revise highlighting "key" passages

Spread out their revision



Cram their revision

Keep a diary to capture negative thoughts



Dwell on worst case scenarios

Revise in a quiet environment



Revise while listening to music or TV

Drink water regularly



Forget to stay hydrated

Put their phone away during revision



Revise with their mobile phone next to them



Here are GCSEPod's top tips on how to revise effectively for your exams.

Top revision tips

1 Start as early as you can

Cramming at the last minute is stressful and has limited success.



2 Make a plan

Work out how much time you have and how long you can spend on each subject.



3 Create a suitable space

Find a quiet spot away from distractions and keep your things all in one place.



4 Use methods best for you

Choose the most appropriate revision methods and try to use a mixture for best results.



5 Take regular breaks



It is possible to work too hard! Your brain needs a rest to help it process information.

6 Revise with a friend

Talking through what you've learned can help information stick.



7 Use past papers

These are a great way of getting used to the exam format and testing what you've learned.



8 Eat healthily

Certain foods boost your brainpower and will make you remember more.



Useful Academy information:

What your child is learning

In the curriculum section of our website, you can find guidance on what every student at the school is studying. If you require any further information regarding subject curriculums, please contact the Head of Department.

Contacting Staff

If you would like to contact staff at the Academy, see the list below of key staff as a first point of contact.

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