

Year 11 NEWSLETTER



Issue 001

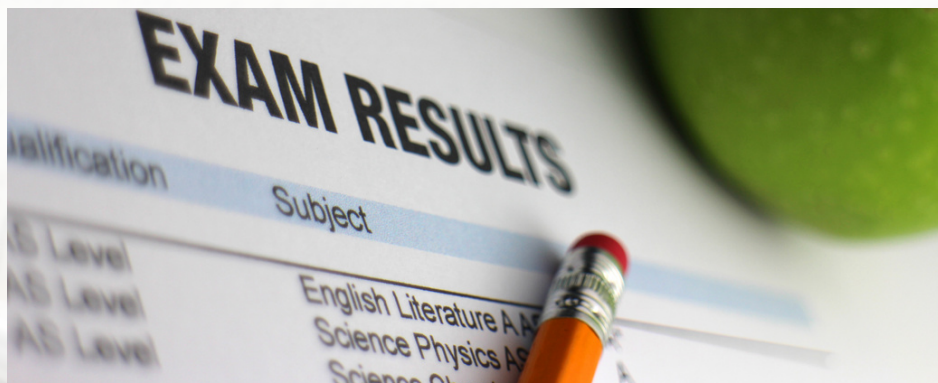
#EveryMomentMatters

December 2023

Preparing for Term Three...

Now that the GCSE examinations are only six months away, we will be regularly updating students and parents/carers of things to be aware of and how to help prepare for the examinations in our Year 11 Newsletters. If you would like us to add anything that will help you and your child in the run up to the examinations in the summer, please let me know via rprutton@fulstonmanor.kent.sch.uk.

Term 3 is a busy term, where students will need to get into the routines that prepare them for the summer, so below we have built a guide of what students should be doing in order to maximise their chances in this summer's examinations.



**Only 16
school
weeks left
until exams
start!**

Starting in January 2024

From January 2024, lunchtimes will see S9, a computer based area in our Sixth Form Centre open to those students in Year 11 who wish to revise or catch up with work. There will also be a member of Leadership Group available to help out with any issues that students may be having.

Year 11 Workshops

As parents and carers, you will start to notice that teachers will begin to communicate with you more regularly regarding after-school workshops. This is because staff deliver sessions that are targeted based on knowledge gaps as identified in the recent PPEs, therefore it is vital that students attend to help support the preparation for examinations. Should your child have difficulties in attending these, please let your Head of House know and we can ensure that these opportunities are not missed.

Check out our 2023/24 Workshop Timetable on the last page of this newsletter...

Timeline:

More information on these events will be sent home in the new year.

Starting in January - Year 11 students will start to have regular assemblies in order to provide advice on improving their organisational skills and focus on the correct things to prepare for their examinations.

Starting in January - Year 11 students will notice that their homework tasks start to move towards the completion of past exam questions; this is a key aspect of examination preparation.

Starting in January - We will be opening our Sixth Form Centre to Year 11 students on a Saturday morning. This is for groups to come into school and use the resources for revision. The space will be staffed by a member of SLT and revision resources will be available.

February Half Term - We will be circulating a timetable of Half Term Workshops for students. Each student will receive a personalised timetable - these sessions are vital to attend as they will be planned around the gaps in knowledge identified by in-class assessments.

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Ideas for Christmas!

Although we are keen to support the academic progression of students, we also recognise that there is often a need for a break and time to relax. This being said, please ensure that this happens over the Christmas break! However, should you be at a loss for what to get for Christmas, here are a few ideas that will help out later this year:



Scientific
Calculator



Revision
Guides



Flash
Cards



Highlighter
Pens



Notebook

Why not use the Christmas break as an opportunity to tidy or rearrange your study area?

Clear away any distractions!

Deputy Headteacher's Blog...

My name is Mrs Dunnett and I joined the Fulston Family in September as Deputy Headteacher. Since being part of the Fulston Family, I have been blown away by the school community and how it supports one another. On this note I just wanted to share with you some of my reflections and also some thoughts to consider whilst your Year 11 child embarks on the last stage of Key Stage 4.

Having been a former student of Fulston Manor School, I can empathise with what the Year 11 students may be feeling at this point. It isn't an easy year and there is no sugar coating it - the next step is hard. Students will need to dig deep and put in the hard work to ensure they get the grades they deserve. Not only this, they need to consider how their learning now has a direct relation to their future. When I speak to Year 11 students, one of the key things I ask is "what do you want to do in the future?" Some reply with a clear idea and are confident with their next steps, others are a little less confident of what they may wish to do. Both answers are completely fine but either answer needs to realise how important education is to their future.

A key question I want all Year 11s to constantly ask themselves is "am I doing enough?" I want them to arrive in August on results day and be confident that their answer is "I couldn't have done anymore". If this is the case then they can't be disappointed with their results as they have done everything they can. It is all too easy to say on results day "I could or I should have tried harder". The time is now. It is not going to be easy but it will be worth it. Our entire Fulston Family have 100% faith and belief in our students. We need all our students to believe in themselves, supported by home, to ensure they can confidently state they have done all they can.

Help and support is available but they need to work hard, they need to access it and they need to take responsibility for their learning. The simple things matter; being in school every day, making every lesson count and having the right attitude to learning supports success. I thank you for your continued support within this.

Lastly, I would like to wish you all a very Merry Christmas, a Happy New Year and I look forward to seeing the Year 11s achieve their ultimate success for their future.

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Winter Wellbeing - Top Tips for Christmas!

- 1. Honesty** - Christmas is a time to get involved, but sometimes you just don't feel up to it. Just be honest, sometimes you just need to put yourself first!
- 2. Pyjamas** - Christmas is the season for hanging out in your pyjamas. Just take a day to chill and relax.
- 3. Get outside** - I know we just said to have a day in pyjamas, but just don't do it everyday. Some fresh air will help clear your mind and gentle exercise can improve your mood.
- 4. Don't believe everything you see** - So many perfect memories are being created everywhere, at least that's what we are shown on TV, social media or even in the pictures our friends send us directly. Just remember not everything is as it seems.
- 5. Talk** - If it is all getting too much find someone to talk to. A friend, a family member or even one of the services listed at the below, there are so many people ready to listen.
- 6. Give yourself a gift** - You don't have to go out and buy yourself something, but you could treat yourself to an early night, a long morning lay in bed, a bath or even a hot chocolate. Whatever you choose, make sure you choose it just for you.

Online Support for Emotional Wellbeing

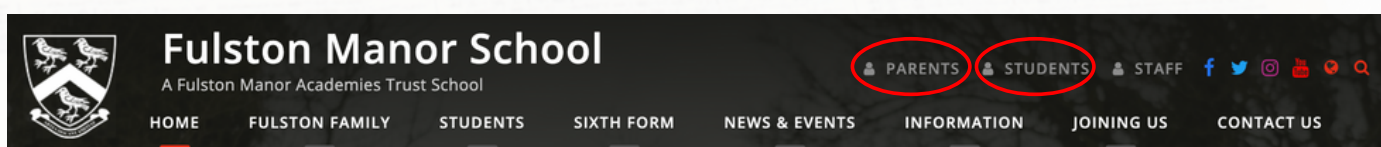
www.KentResilienceHub.org.uk – this website provides a range of resources for young people, parents and carers on emotional growth and resilience.

www.MoodSpark.org.uk – part of the Kent Resilience Hub website which has been created by young people aged between 10-16 in order to share advice and experiences on how to look after your emotional and mental health.

www.childline.org.uk – ChildLine is a counselling service for children and young people up to their 19th birthday. They offer help and advice on a range of issues; talk to a counsellor online, send ChildLine an email or post on the message boards. You can contact ChildLine for free on **0800 1111**.

www.Kooth.com – offers emotional and mental health support to 11-19 year olds (or 25 with SEND). Young people can have 'drop in' chats with a counsellor or therapist, book a 1:1 session, or talk to other young people anonymously.

www.samaritans.org - emotional health is about the way we think and feel, and the ability to manage our feelings and deal with difficulties. Having good emotional health is not the same thing as being happy all the time. If you require support call **116 123**. They also have a support app which can be downloaded from their website.



Don't forget you can visit our website for additional support and guidance 24/7. Simply select the 'Student' or 'Parents' drop down menus in the top right-hand corner.

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YEAR 11 WORKSHOP TIMETABLE									
Week A									
Monday		Tuesday		Wednesday		Thursday		Friday	
Food	Y9	RS	T-Block	Music	P-Block	Maths		Art	11C in Y 11A in Y6 11D in Y8
Computing	B12	DT	Y3	Drama	P-Block	By invitation N-Block		Citizenship	
HSC	S2	Textiles	Y4	I-Media	B8			HWO - Holes KHA - T5	
				Business	B6			Sports Science	B12
Week B									
Monday		Tuesday		Wednesday		Thursday		Friday	
English	N-Block Upstairs	Science	G8	Dance	P-Block	History	11D - E6 11C - M5 11A - E4	Geography	
				Economics	B6			LFI- E3 VMI- E1 TWE- Morr	
				History	JWI - E5	French	BC2		
				Photography	T2				
				Triple Science	G8				

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You are invited to..

Class of 2024

Prom Night

July 2nd | 7:00 - 11:30 PM
The Barnyard, Upchurch

£40

Perks of an event ticket include access to a buffet, photobooth, DJ and dance floor, and professional event photography services.

Details of payment to be sent in the new year

Kindly note that the minimum age requirement for guests is 15 years old.

For additional information, please reach out to promcommittee24@gmail.com.