

# Haggerston School

## Weekly Bulletin

Week Commencing 14<sup>th</sup> May 2018

### Online Bulletin

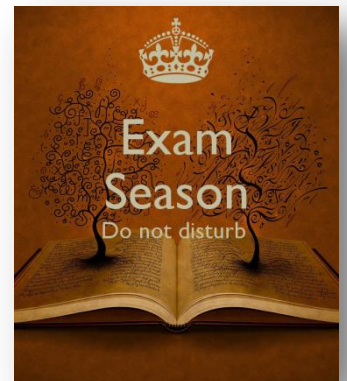
#### Upcoming events

Monday 14<sup>th</sup> May: Public Exams Begin & Year 9 Barbican Music Box Project  
Tuesday 15<sup>th</sup> May: Ramadan Begins

#### **EXAM SEASON IS UPON US – HERE ARE SOME TIPS TO HELP YOU SUPPORT YOUR CHILD**

Your support, encouragement and interest can make a spectacular difference to your child's motivation and ability to cope with the academic and organisational demands of the exam period.

- ✓ Agree the balance between work and social life and stick to the agreement. Again, flexibility is the key – if a special night comes up, agree that they can make up the work at a specified time
- ✓ All students fall behind, feel demotivated or overwhelmed, or struggle with the balance of social, work and school demands at times. When your child feels like this, berating and threatening them will have a negative effect. Talk to them about the issues, acknowledge their feelings and adopt a sensible attitude in wanting to find a solution
- ✓ Be flexible – use the 80/20 rule. If your child is sticking to what they are supposed to be doing 80% of the time, they will be doing alright
- ✓ If your child asks for your support, encourage them by helping them to see the difficulties in perspective. Teenagers often take an all or nothing 'catastrophic' approach to difficulties – "I've messed up this essay, I might as well give up."



#### **ON THE EVE OF THE EXAM**

- ✓ Please don't add to the stress levels by 'rising to the bait' when your child pushes the boundaries. Shelve the battles that don't need winning just yet
- ✓ Help prepare your child for the exam – talk with them about when it starts, how long it lasts for, what are the main topics that might come up. Don't 'over egg' this – they may have worked all day and have come down stairs to relax

### **IMPORTANT NOTICE**

Regular communication with parents/carers is important to us at Haggerston School. It is vital that the school office holds updated and current contact information in order that you can receive important messages from school or in case of a medical and/or emergency situation.

*Please contact the school office to update or confirm that your contact information is correct.*

P: 020 7739 7324

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