

**Exam season is upon us.** Please check timetables carefully when speaking with your key worker. Next week we have exams on Tuesday, Wednesday and Thursday morning – so everyone's timetables will be affected.



Some basics if you're taking an exam :

- Arrive on time – 8.45 for a prompt 9.00 am start.
- Have a long-sleeved top – even if is warm – some rooms are chilly.
- No food, chewing gum, lip gloss or drinks (except for water in a see-through bottle) are allowed in the examination room.
- The examination boards set the length of the examination. ALL candidates MUST stay in the examination room until the end of the examination.
- Once you have finished and left the building, please move away from the school so you don't disturb anyone with extra time still completing their exam.

## Tips to manage anxiety (from the NHS)

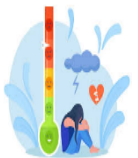
### DO

1. Try talking about your feelings to a friend or family member.
2. Try calming breathing exercise (get an app!)
3. Exercise – a walk in the fresh air.
4. Sleep – if you're struggling there's lots of help online ([www.nhs.uk](http://www.nhs.uk))
5. Healthy diet – regular meals will give you energy helping you cope better.



### DON'T

1. Don't try to do everything at once – set smaller targets you can achieve.
2. Most people experience anxiety at some point, especially during exams so – reach out and talk.
3. Try not to use alcohol, cigarettes, gambling or drugs to relieve anxiety as they can contribute to poor mental health.



**Calling all Year 11s!** If you don't have a college place or a job please work with Kelly to support you with all applications and help you with research. She is here every week to help you.



### Key dates for open days

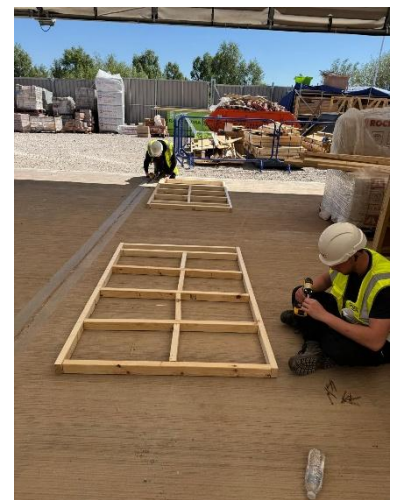
South Staffordshire College at Cannock, **Tamworth** Lichfield and Rodbaston Campuses from 10.00 am – please book ahead online.

- **Saturday 16<sup>th</sup> May 2026**

**For everyone else** – it is never too soon to start thinking about what you want to do. There are so many options: a range of courses in college, apprenticeships or joining the world of work. It is best to start early and get some research done and then have a plan – and then a **PLAN B**.



**Students continue to benefit from Work Experience.** If anyone would like to complete work experience or has a placement to offer one of our students, please can you get in touch Nav Rathour at school.



# Perspective is our Kindness Curriculum attribute for May:

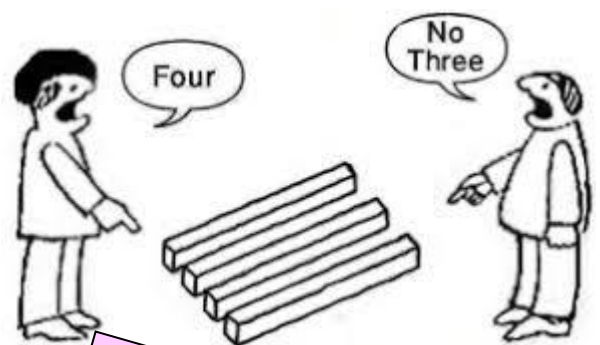
Perspective is the skill of looking beyond your own point of view so you can consider how someone else is feeling. This can help you reconsider your own point of view as well as understand people better.



Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth.

~ Marcus Aurelius

AZ QUOTES



A massive thank you to **Mr and Mrs Hawkins** for kindly donating their beautiful leather sofas to our school – incredibly generous and thoughtful.



## Mr. Hall's Health & Fitness



MAINTAIN A HEALTHY LIFE STYLE



CONTACT WITH FRIEND



RELAX WITH FAVORITE MUSIC

### TIPS FOR ANXIETY



DON'T USE SMOKING AND ALCOHOL



FOCUS ON POSITIVE ACTIVITIES



CREATE A TO-DO LIST

# Meaningful May 2026

MONDAY



4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a handwritten note to someone you care about

25 Ask someone else what matters most to them and why

TUESDAY



5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful

WEDNESDAY



6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others

THURSDAY



7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight

FRIDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

SATURDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

SUNDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier · Kinder · Together