

Mrs Buley—Principal

What a quick week it seems to have been!

The week at Thames Valley School has been another productive and busy one, and Year 11 pupils have begun their examinations, with our Art and Design pupils undertaking their 10-hour examination. This is a huge undertaking, and we are so proud of their concentration and commitment to this so far. Pupils have also taken their Entry Level Computer Science in-class assessments as well as our Hospitality and Catering pupils undertaking their practical examinations – Miss Archer and I enjoyed cake for breakfast this week as we taste tested some of the pupils' creations!

Miss Archer and Miss Stearman led Team Teach refresher training for all staff this week, ensuring that staff have regular updates on key information and skills for supporting the emotional regulation and de-escalation of our pupils. On Tuesday, there was then further training for all learning mentors, considering how we can ensure our support in the classroom is of high quality, and is adapted to the needs of the individuals.

Miss Mallon and Miss Dyer attended an online meeting with professionals from across Liberty Academy Trust, discussing how we can shape our Autism specific training next academic year to ensure that we are delivering the most up-to-date and relevant information to all staff. As part of this, we are partnering with the Autism Education Trust to train our own trainers who will be equipped to deliver this to our existing staff, as well as any newcomers, no matter the time of year they join our team.

As we look ahead to next week, Primary and Key Stage 3 pupils will be participating in a focused RE day on Tuesday 7th May, this time with a focus on Hinduism. We will also have Avanti Cycling visiting school on Thursday 9th May as we seek to expand our holistic offer and provide pupils with 'Bikeability' and Cycling Proficiency. They will be considering the cycling needs of our pupils and will be able to offer sessions to specific year groups, starting from bike balancing, into eventually exploring how to cycle safely on roads with traffic. We hope to provide more information about this as we move into next academic year and hope you will agree that this will be a fantastic addition to our wider curriculum offer.

A quick reminder that Monday 6th May is a Bank Holiday and therefore school will not be open, however we hope you all have a fantastic extended weekend and look forward to seeing pupils on Tuesday!

Best wishes,

Mrs Buley



Pupil Awards

This academic year, we will be celebrating three pupils each week who have been nominated by staff for demonstrating our school principles.

We are pleased to announce that this week's winners are:

Thoughtful – Eliza-Ella Lewendon has been awarded this week for showing positive improvements in her classroom learning through the implementation of new strategies designed for her.

Value – James Sweby has been awarded this week for his learning, showing great effort and progression in Maths.

Safe – Jacob Gilles has been awarded this week for putting extra effort into all his lessons and maintaining a safe environment for himself and others.

A huge congratulations to these 3 pupils from all the staff.



Personal Development

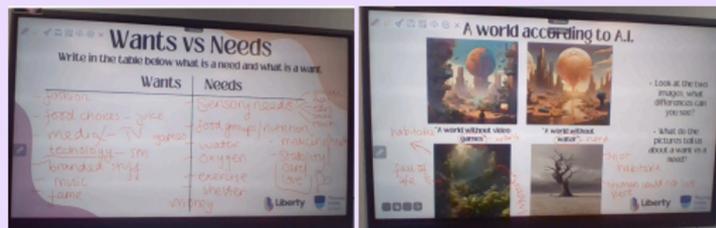


Summer Term 1

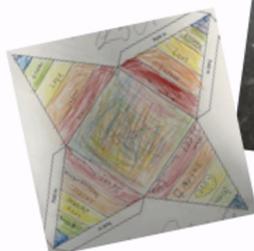
Neurodiversity

Key Stage 3 have been learning about human needs. This has included exploring the differences between 'wants' versus 'needs' and how we can define these terms.

Year 7 had a group conversations about wants vs needs, and what a world with no water would look like compared to a world with no video games!



Students learned about Maslow's 'hierarchy of needs'. Year 7s had a go at making their own personalised versions!



Dealing with Exams

Revision Methods

UTILISE MNEMONICS



Develop mnemonic devices (acronyms, rhymes, associations, or visual cues) to remember lists, sequences, or complex terms. Mnemonics can be a fun and effective memory aid.

TEST USING QUIZZES



Use online quiz platforms or educational apps that provide interactive quizzes tailored to specific subjects to help test your knowledge.

TIMED PRACTICE



Create timed, simulated exam conditions and practice answering past questions from tests or exams. This helps practice time management skills and timed writing skills.

VIDEO OR AUDIO SUMMARIES



Record yourself to create short video or audio summaries of complex topics. Explaining concepts verbally can enhance understanding.

Revision Methods

STUDY IN INTERVALS



Break study time into intervals (e.g. 25 minutes of focused work followed by a 5-minute break). Repeat this process up to four times before taking a longer break.

ACTIVE READING



Engage with the material actively (especially written texts) by highlighting key points, taking notes, summarising concepts in their own words and posing questions as they read.

MIND MAPPING



Create mind maps (spider, hierarchy, flowchart or system) to visualise relationships between key concepts, making it easier to understand complex topics.

SOCRATIC QUESTIONING



Formulate open-ended questions related to the material you are studying then challenge yourself to answer them. This encourages deep thinking and critical analysis.

Revision Tips

There are things that can be done to prepare for exams.

Make a Plan

Creating a revision timetable can help to structure revision and ensure a balance between revision and self care. If you're not sure where to start, subject teachers will be able to give a list of topics to focus on.



Think about Space

When they take a break from revising, encourage them to physically move away from the revision space to allow their minds to fully relax.



Set Realistic Targets

Try to focus on one topic at a time and break revision into short chunks of time. It's also a good idea to prioritise the things they need to work on most.



Celebrate Success

Reward them for small wins, such as finishing a chapter of their revision guide or completing a practice paper. It is important to recognise when they have done something well and use this as motivation to keep going.



Coping with Exam Stress

Here are some things that can be done to reduce stress.

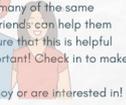
Talking

Speaking to a parent/carer, teacher or key adult about how they are feeling. Phoning helplines can also be beneficial. Remembering that support is available and speaking to the right people can help find solutions to cope with how they may be feeling.



Speak to Friends or Do Things they Enjoy

Their friends will likely be experiencing many of the same thoughts and feelings. Talking to their friends can help them realise that they are not alone. Being sure that this is helpful and a positive strategy for them is important! Check in to make sure negativity isn't spreading! Take some time to do activities they enjoy or are interested in!



Take Care of Physical Health

Make sure they are eating a balanced diet and staying hydrated. Exercise can help to relieve stress, so make some time to get outside. Keep that night time routine in check and find activities to help them wind down before bed.



Dealing with Exams

Exams and preparing to take them can be a challenging time. With exams approaching, below are some tips for helping young people cope with exam stress.



Remember they might feel stressed because:

- they are worried about their future;
- they haven't revised or feel underprepared;
- they are finding it hard to understand what they have been learning;
- they feel pressure to succeed
- they feel overwhelmed by all of the above!



Young Minds Recommend

Exam Results Helpline

Provides career advice to help young people and their families decide on options following GCSE, A Level and National Results days. Usually available through evening. Opening days and hours may vary each year - check website for details. If you live in Scotland, call 0800 100 8000. 0800 100 8000

Exam Results Helpline

National Careers Service

Provides information, advice and guidance to help young people make decisions about learning, training and work. Website available in the school homepage. Opening times from 10am - 7 days a week. 0800 100 8000

National Careers Service

Childline

If you're under 19 you can confidentially call, chat online or email about any problem or worry. Website for the Childline website has names or email address not needed to use their Live Chat, Instagram, Snapchat and email support service.

Call 0800 11 11. Website: Childline.org.uk. If you are deaf or hearing impaired. Please use our message boards where you can share your experiences, have fun and get support from other young people in similar situations. Opening times 24/7. 0800 11 11

Childline

The Mix

Free, short-term online counselling for young people aged 12+ available. The website also provides lots of information and advice about mental health and wellbeing. Email support is available via their website contact form. They have a free 1-2-1 webchat service available during opening hours. Opening times 9am - 10pm, Monday - Friday

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The Mix

YOUNGMINDS

For Further Support

Childline

<https://www.childline.org.uk/get-support/message-boards/boards/threads/?roomid=275>



CALM

Talk to CALM from 5pm to midnight every day. Their helpline staff are there to talk and to help you find ways to move forward. Calls and webchats are free, anonymous, non-judgemental and confidential. They also offer webchat.



After Exam Results

Don't Compare

Everyone is different, and different people will excel in different areas of life. Just because their friend has got a higher grade in one subject, doesn't make your child any less successful. The most important thing is knowing they did what they could!



Explore Next Steps

If they haven't done as well as you hoped, speak about the options. You could talk through what the next steps are, taking into account their exam results as well as their skills and interests.



Celebrate Success

Focus on the subjects they have done well in and congratulate them on their achievements!



Just preparing for and sitting exams is a huge success, regardless of what the results are.

Revision Methods

PODCASTS & AUDIOBOOKS



Listen to podcasts or audiobooks related to your subjects. This can be an effective way to absorb information while on the go and broaden your understanding.

CREATE FLASHCARDS



Create flashcards for quick review of key concepts, definitions, quotations and important dates. Regular revision helps cement information from short-term to long-term memory.

GROUP STUDY SESSIONS



Form study groups with classmates to engage in discussions, seek clarity on areas of difficulty, test one another on concepts and give peer feedback.

UTILISE APPS



Leverage a variety of apps (flashcard, note-taking, mind-mapping, study timer and productivity etc.) to enhance your studying and learning experiences.

Shared By Reading Families Forum



**COFFEE EVENING FOR PARENTS AND CARERS
OF CHILDREN WITH ADDITIONAL NEEDS
THURSDAY, 16TH MAY 2024
6.30 PM – 8.30 PM
Venue: RISC, 35-39 London St, Reading RG1 4PS**

A chance to meet other parents and talk to service providers.

- Louise Mole, the Team Manager of the Learning Disabilities and Autism (LDA) Team in Adult Social Care and
- Claire Thomas, the Senior Educational Psychologist for Reading's Mental Health Support Team

will attend to hear your views on local services and answer any questions.

Booking is essential, fran@readingfamiliesforum.co.uk Mobile: 07516 185380.

A few car parking spaces at rear of the building subject to availability. Venue is walkable from most bus routes, nearest parking is Queens Road or Oracle, or metered parking on London Road.

An on-line link is available if you cannot attend in person.



www.readingfamiliesforum.co.uk



Find us on Facebook

Dates For Your Dairy

6th May—Bank Holiday

22nd April - 12th May - Year 10 Mocks

10th May - Year 11 GCSE's & Examinations Start

13th - 16th May - KS2 SATs Week

16th May—Open Evening For Prospective Parents



Wishing All our families a lovely weekend!