



A Message from our Principal

Next week there will be a presentation to students in Years 9, 10 and 12 by the Teenage Cancer Trust. We feel it is really important for young people to understand about the different types of cancer and how it can affect so many, not only those that are unfortunate to be diagnosed with it, but their family and friends, as well as the research and support that is available through many different organisations.

We currently have two students with different forms of cancer, and have also been informed recently that one of our last year's Year 13 students has been diagnosed with leukaemia whilst studying at university. We, therefore, feel very passionately about supporting this organisation and will be undertaking some fund-raising activities over this term to raise as much money as we can. Some of these will form part of our MADD (Make a Difference) activities. We would really appreciate if you are able to donate any raffle prizes, such as toiletries, gifts or sweet treats, in support of our fund-raising and ask that these be brought into our main reception at your earliest convenience. We will also be holding a **non-uniform** day on **Friday 12th May**, and further details will follow.

Therefore, in conjunction with this, our values for this week are compassion and courteousness.

During the last few weeks, the Senior Team and myself have enjoyed several Principal's Lunches to reward students for their continued positive attitude and high expectations. It has been a real pleasure spending this time with our students and listening to all the things they want to do and what they enjoy about school.

What has amazed, and delighted me, is that they feel our School has nothing it needs to change, which is

brilliant, but the staff and myself will continue to develop all aspects of our School, to ensure all students receive the very best care, both socially and academically, as this is a school that we are all proud of and love coming to.

I've been made aware that some parents/guardians have raised concerns via social media, rather than directly with the school, that the quality and values we hold in School may be reduced with the introduction of Year 7 and 8 students. I can assure you this will not be the case.

Over the forthcoming year, we will be recruiting new staff and developing areas for all students to take advantage of. We feel that taking in students from Years 7 and 8 is a real opportunity and will enhance our School, as it gives us the opportunity to work with students earlier, to develop their social and academic skills, to make them ready for the workplace, or further education, at the end of Years 11 or 13.

Students in Years 7 and 8 will follow a very distinctive curriculum, based around creative, academic and problem solving skills in preparation for GCSEs, whereas those in Years 9, 10 and 11 will continue to study for their GCSE examinations. Each and every student, whether in Year 7 or Year 11 to Year 13, is seen as an individual and will continue to be seen in this manner and I can assure you that they will receive the very best academic and pastoral care.

Miss K Hayward
Principal

Intervention and Saturday Schools

After school intervention and Saturday Schools have re-started. If you receive an invitation, please do encourage your son/daughter to attend as these additional sessions are proven to work.



Parent/Guardian Focus

Summer Concert Informal Auditions

On 6th May from 3.00pm—4.30pm we will be holding informal auditions for our annual Summer Concert, and is an ideal opportunity for you to bring a song, or piece that you'd like to perform.

We are not expecting polished pieces, it'll just be a chat and short performance. All year groups and instruments are welcome. You can perform individually or as a group.

If you cannot make this date email me at klally@sandyupper.net and I'll arrange an alternative audition time.

We look forward to seeing you!

Miss Lally

Choir

This week at choir we will be continuing with Ed Sheeran's *Barcelona*. All students are welcome to attend. Turnout has been great lately, and it's especially good to see so many Year 9 students joining in.

If you'd like to come along, just to see what it's like, please feel free. We meet in EA1 every Friday at lunchtime—hope to see you there!

Miss Lally

Practice Spaces

Every lunchtime the music area is open for student use. There are sign up sheets so you can book a slot.

The computer room is also open to any student needing to complete work for music or Expressive Arts.

Miss Lally

Intervention and Saturday Schools

Saturday Schools this week, 29th April, are as follows:

- ◆ **English Language** with Miss Walsh, from 9.30am – 12noon.
- ◆ **Ethics** with Miss Lally, from 9.00am—12.30pm.

If you receive an invitation, please do encourage your son/daughter to attend as these additional sessions are proven to work.

Year 11 Intervention

Please be aware that the following intervention sessions will continue to take place after school, from 2.50pm to 3.50pm each week on our return from the Easter holidays.

It is essential, with the examinations fast approaching, that your son/daughter attends these sessions as much as possible. These are ideal opportunities to go through examination questions, and practice their examinations skills and techniques further.

Monday Business / ICT

Tuesday English

Wednesday Maths

Thursday Science (*until 4.30pm*) / Maths

If there are any issues with transport, please do let us know, using parentcontact@sandyupper.net, as we may be able to support with this.

Miss Hayward



Parent/Guardian Focus

Maths Challenge

Last week's puzzle:

Which of the following is divisible by all the integers from 1 to 10 inclusive:

- A 23 x 34
- B 34 x 45
- C 45 x 56
- D 56 x 67
- E 67 x 78

Answer:

Looking at the factors of all the numbers, the only pair containing all factors is 45 x 56

For the second week running, Year 10 student, Holly Szasz, was the only student to give me a solution (it was correct and also elegantly explained). Well done, Holly!

This Week's Challenge

How many weeks are there in 8! minutes?

! means **factorial** – if you don't know what this means, Google it...

Answers to me by Friday with a clear, logical explanation.



Mr Burnett

Sainsbury's Active Kids Vouchers

We are pleased to announce that we are collecting the Sainsbury's Active Kids Vouchers again this year.

These are available with from Sainsbury's, on both fuel and in-store purchases, so please help us obtain equipment to improve students' opportunities.

The collection box will be in main reception, and we would like to thank you in advance for your support.



Central Bedfordshire Council Youth Support Service

Central Bedfordshire Council Youth Support Service is here to help and works to ensure the needs and wishes of young people are heard, represented and that they are empowered to achieve personal, social and economic success. Further information is included on Pages 9 and 10.

~KEY DATES~

Monday 1st May

May Day Bank Holiday

Monday 29th May—Friday 2nd June

Half Term

Monday 5th June

All Students and Staff Return to School



Busta Rhyme—Poets from the UK

The following students' poems have been chosen to appear in the *Busta Rhyme – Poets From the UK* publication. The anthology is scheduled to be published on 30th June 2017 and will be sent to the British Library and further libraries across the UK and the Republic of Ireland. We will be given two copies for our library too for free.

All these students also stand a chance to win £1000 for themselves out of over 12 000 entries and the school of the top student entries could win up to £1000. Congratulations and good luck to each one of them!

Kayleigh Boado—Music is our Medicine
Josh Neville—Global Warming
Khloe Tipton—I Want People to Remember Me
Dennis Chin—Education
Joseph Knowles—The Life of a Polar Bear
Dustin Baker—Education
Katie Ashton—Imagination
Grace Tucker—Image
Jack Garfoot—Alone
Courtney Dennis—Fighting This Battle of Bad Thoughts
Abigail Seeley—Social Media
Amelie Gilbert—Summer
Mia Gilbert—Hate—The Power
Joshua Richardson—An Adventure Through Time and Space
Maria Rhodes—Feelings
Lilian Pitts—Lettuce
Beth Small—Food!
Erin Simms—Pizza's So Great
Katie Sloan—Women's Rights
Sascha Jones—Once in a Howling Moon
Bradley Gittins—The Earth
Hannah Young—Flowers
Charlotte Morgan—The Environment Warfare
Thomas Richardson—Football
Kristina Peat—Sizzling Summer Day
Charlotte Porter—Freestyling
Ella Winetroube—Perfect
Austin Nodwell—Image



Intervention, Revision and Controlled Assessments

BTEC Business Studies

Lunchtime catch-up sessions will take place Monday, Tuesday and Wednesday lunchtimes in C4.

Afterschool sessions will also be held on Tuesday and Wednesdays, from 3.00pm—4.00pm. All students welcome at all sessions.

Mrs Mirza

English—Year 10 and Year 11

English Language and Literature Intervention will take place every **Tuesday** after school in Rooms 201 and 202 – please encourage your child to attend.

Miss Walsh

Hospitality & Catering

Year 11 Hospitality & Catering students are reminded to go to DT2 on Thursdays from 2:50pm-3:50pm for coursework intervention.

Mrs Beavor

iGCSE Computer Science

The ICT Department is offering an opportunity for students to attend intervention sessions every **Monday** from **16th January** 2017 until June.

Each session will take place from 3.00pm-4.00pm, after which safe transport home will need to be arranged. The aim is to support students in the lead up to the examinations in June, and focus on areas that students need additional support with.

Mrs Moncrieff

Science

It is now less than 4 weeks to the first Science GCSE Examination!

All Year 11 students were given booklets to help them to prepare for these examinations over Easter. Students should bring these booklets back into school so that work can be checked in order to inform future revision.

The Science department are running Science intervention on Thursdays from **3.00pm—4.30pm** for **all** Year 11 students. This intervention will run on 27th April, 4th May, 11th May, 18th May, 8th June, 15th June. There will **NOT** be any Science Intervention on Thursday 25th May.

Each week there will be a number of sessions, covering the three Science disciplines; Biology, Chemistry and Physics at different levels so that students can opt or be guided into the most appropriate interventions. Students will have opportunities to work independently, access resources, ask questions, or receive tuition in particular identified topics. Biscuits or a snack will also be on offer to help keep everyone going!

Please let us know if your son/daughter will attend, so that we can ensure that we have adequate staffing and prepare appropriate resources.

We wish all our year 11 students well as they begin their final, critical examination preparation.



Mrs Hinson



Active Revision

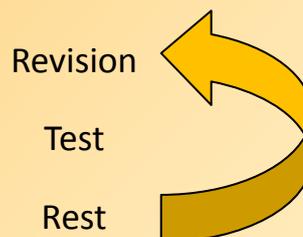
Please see below excellent ways to help Revision and improve your long-term memory.

DO:

1. Work through past exam papers
2. Write revision notes on Question and Answer flash cards (questions on one side, answers on the other)
3. Draw spider diagrams using pictures and colours
4. Use revision guides, apps, videos and websites
5. Read aloud and walk around—increase the use
6. Make up raps/rhymes, chants and songs
7. Record key phrases on your mobile and play it back
8. Stick up posters and use post-it notes to see it, or visualise it.
9. Explain a topic to a parent/guardian, or friend—help memory/listen to own thinking
10. Write out notes again and again.

DON'T just sit there, flicking through lesson notes. This will not be helpful in retaining the information you need, long term.

REVISION CYCLE:



You may also find the following websites useful to support your son/daughter as they start revising prior to the forthcoming examinations:

www.aqa.org.uk

www.ocr.org.uk

www.qualifications.pearson.com (Edexcel)

www.wjec.co.uk (Food technology only)

www.bbc.co.uk/schools/gcsebiteize

www.corbettmaths.co.uk



What Makes a Good Revision Session?

What makes a Good Revision Session

Revision simply means 'looking again' but some revision actually involves new learning. Revision can include:

- ◆ Finding out what you know & understand (and what you don't)
- ◆ Building on what you know & understand
- ◆ Finding out what has slipped your memory
- ◆ Working on ways on retaining information
- ◆ Practising answers
- ◆ Preparing to show what you have learned

To get the maximum benefit out of each revision session follow the tips below:

- ◆ Have an aim for each session. Make sure your aim is specific and measurable. This means that by the end of the session you will be able to demonstrate to someone else that you have met your aim. You could even get a friend or parent to ask you some questions to check you have met your aim.
- ◆ Find a suitable quiet place to revise, refuse to be interrupted or distracted. Turn you phone off and close Face Book.
- ◆ Don't just read notes but do something active with them (see revision ideas). Use different techniques and try to identify the technique that works best for you. Think about the work you have done on your preferred learning style in school.
- ◆ Keep all the equipment you need handy (pens etc., calculator, paper, notebooks, postcards, post-its) – wasting 20 minutes looking for a pen is not good use of revision time!
- ◆ Take short breaks between revising different topics.
- ◆ Drink water, get fresh air and make sure you room is cool enough.
- ◆ STOP when you feel frustrated, angry, overwhelmed and take a break. Make a note of the problem and deal with it next session – move on to something else.
- ◆ Aim for natural light or a desk lamp in your working area
- ◆ Try a session with music playing; some people claim to link different tunes to particular learning. Try classical/rock/jazz.
- ◆ Be honest about whether you have met the aim of each revision session. Don't delude yourself that three hours spent colour coding your files constitutes revision!



What should I do when I am revising?

At the heart of good revision is looking at the work you have previously done. Use your exercise books, text books, revision guides or even the internet to review the content in each topic. Read back over teachers' comments to identify which topics you did well in and which require more work. Look at the advice the teacher gave you.

Just reading over your notes is not the best way to revise for most people. On average, we only remember:

20% of what we read

30% of what we hear

40% of what we see

50% of what we say

60% of what we do

90% of what we read, hear, see, say & do

This means that if you are going to remember the information you are revising you should do something active with it and transfer information from one form to another. Below is a list of some revision techniques. Try to find a couple that work for you and aim to vary the techniques you use to suit each topic.

1. Turn notes into bullet points. Highlight key words. Keep shortening them until you have one word which will trigger your memory for each point.
2. Make flash cards with the key ideas.
3. Practise past exam papers or questions from your text book.
4. Draw Mind Maps for topics to show how the main ideas link together
5. Write out key words and definitions on flash cards. Colour code them. Get someone to test you.
6. Turn your notes into pictures or diagrams such as flow charts



7. Use websites e.g. Edexcel.co.uk to read through key information.
8. Learning posters – put key information on small posters. Use patterns, colour and drawings. Pin them up where you'll see them often (like in the toilet).
9. Use Mnemonics to remember key facts (Richard Of York Gave Battle In Vain)
10. Make up questions and get somebody to test you verbally. Put aside the ones you don't know and keep working on them until you learn them all.
11. Record notes and put them on an MP3 player. Listen to them as often as possible.
12. Make a rhyme, rap or song out of your revision notes (yes it really works!)
13. Read your notes out loud to your cat or dog! Sounds stupid but it works!
14. Explain key ideas to a friend. Teaching other people helps you to learn yourself.
15. Practise past exam papers
16. Associate information with actions. Act out your notes as you read them.
17. Walk around the room whilst revising.
18. Write information on post-its and stick it around the room. Move round the room reading the notes.
19. Make up a play involving key ideas and act it out.
20. Role play key events or arguments from subjects with friends.
21. Instead of reading notes summarise them up using a computer.
22. Turn your notes into a PowerPoint and share it with friends.
23. Try recalling detailed diagrams/graphs/illustrations from memory and test yourself.

Using Your Friends

Form a study group. Choose people who are unlikely to chat. Plan which topics to revise individually and meet regularly to discuss problem areas from your revision. Devise quizzes and test each other. These strategies will illustrate how much you know and what further revision needs to be undertaken.



Central Bedfordshire Council Youth Support Service

Do you know about Central Bedfordshire Council Youth Support Service?

We know that today's employment market is tougher than ever before, with research showing that under-25s are now four times more likely to be jobless than those over 25.

Central Bedfordshire Council Youth Support Service

A snapshot at the end of January 2017 showed that 93.4 per cent of 16 and 17 year olds in Central Bedfordshire were in education, employment or training. This is higher than the regional and national averages and in Central Bedfordshire this has been increasing year on year since the government raised the participation age to 18 in 2013.

A Facebook page was recently launched to provide an impartial one-stop shop for up-to-date, useful and reliable information on education, employment and training opportunities.

This is to support young people to continue in education or training after they turn 16 and provide assistance to parents, carers, schools and businesses.

Content includes relevant careers information and opportunities, for example work experience, training and courses, traineeships, apprenticeships, events, motivational quotes and advice, youth clubs, youth work activities and related success stories.

Additionally, the Youth Support Service manages the day-to-day co-ordination and delivery of the 'Youth Offer' for young people aged 13-19 in Central Bedfordshire. We also support those leaving care up to the age of 21 and those with disabilities up to 25.

Some key areas of the service:

- To track all 16-18 year olds in order to support them into education, employment and training.
- To encourage young people to engage in youth participation activities, giving them a voice in the community e.g. Youth Parliament, youth clubs and volunteering.
- To support schools to develop their approach to careers education, information, advice and guidance.
- Commissioning youth work, volunteering opportunities and re-engagement activities.
- To deliver high-quality, impartial Information, advice and guidance to young people whom are NEET and/or have complex needs.



Sandy Spotlight

Achieving excellence beyond belief

Issue 28, 28th April 2017

If you'd like to get in touch:

Website www.centralbedfordshire.gov.uk/youthsupport

Twitter @CBYouthVoice

Email Youth.services@centralbedfordshire.gov.uk

Please visit the NEW Facebook page www.facebook.com/cbcyouthsupport and share the page to help us reach and inspire young people or parents, carers, services who support them.

Some useful Careers Education websites:

National Careers Service www.nationalcareersservice.direct.gov.uk

Barclays Life Skills www.barclayslifeskills.com

4YP (help and support) www.4ypuk.com

Career Pilot www.careerpilot.org.uk

All About School Leavers www.allaboutschoollavers.co.uk

Not going to Uni www.notgoingtouni.co.uk

Careers Box www.tv.careersbox.co.uk

Central Bedfordshire Youth Support Service

www.centralbedfordshire.gov.uk/children/youth-support/careers

Central Bedfordshire Economic Insight www.centralbedfordshire.gov.uk/business/economic/overview.aspx

National websites for more information on Apprenticeships:

Find an apprenticeship www.gov.uk/apply-apprenticeship

Amazing Apprenticeships www.amazingapprenticeships.com

Get In Go Far www.getingofar.gov.uk

Apprenticeship Guide www.apprenticeshipguide.co.uk

Central Bedfordshire Council Apprenticeships: www.centralbedfordshire.gov.uk/jobs/other/apprenticeships.aspx

The Central Bedfordshire Academy of Social Work & Early Intervention: www.theacademy-inspiringfutures.co.uk