

12 DAILY REMINDERS

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's journey is different
4. Things always get better with time
5. Judgements are a confession of character
6. Overthinking will lead to sadness
7. Happiness is found within
8. Positive thoughts create positive things
9. Smiles are contagious
10. Kindness is free
11. You only fail if you quit
12. What goes around, comes around

Welcome to issue four of the Year 11 Prepare to Perform Newsletter. As you are aware every month, we are sharing what has been happening at Noadswood to support your child as they prepare for their GCSE exams and post 16 education. We will also continue to provide a link to the P2P calendar so you can see what's coming up and how best to help your child at home. There are also top tips to keep both your child's physical and mental health well, throughout their final year of school and beyond.



Message from Miss. Marshall:



I want to invite you to stop for a moment, take a breath, and think about something that is going well for you. Think about whatever that is for a few seconds – you'll feel better if you do, and you deserve to take that time.

Many of you continue to impress me with the botheredness so many of you are showing, the efforts you're making and the good-natured spirit most of you are showing towards most things every day, including, as we told you, during the recent mock exam window.

That takes guts and maturity. So many of you are smashing it and so many others are doing all they can.

Many of you are still so involved in other parts of school life: clubs, teams, the production, being a prefect or head student, the list goes on. Others are simply being a good mate and a reliable student – massive well done to all of you who are some, or all, of that list.

Since the mock results assembly, what positive decisions have you made to help you make the progress there is so much potential for, even now? I loved being with you in that assembly because of the atmosphere you all created, and the sense of togetherness with staff that was palpable in the room.

But, in truth, you also know some of you were thinking, 'That's it, whatever it says on this bit of paper, like it or not, that now defines me.' Some of you even said things that mean roughly that. So, I want to share something with you, that isn't about being 'nice' or cheerful based on nonsense, but instead is based on 29 years of experience in four schools:

YOU CAN MAKE SO MUCH PROGRESS BETWEEN JANUARY AND MAY – FACT!

There is so much point to showing up willing to learn from where the gaps are. There is so much opportunity to talk to your teachers, attend time after school with them or with your friends, overlearning or maybe learning something new. There is so much point to refreshing your revision timetable, focusing hard on the areas you now know you need, and if you're not sure, checking in again and again with staff until you are.

Don't give yourself negative messages about why you haven't learnt something before, or why you messed up, or that there is no point. Don't waste precious time thinking about what others think of you – chances are they don't, and if they do, let them. You show them how bothered about 'you' that you can be.





Speak gently to yourself but with a clear intention to do all you can with every hour and day that remains. Why? Because I have known so many young people in my 29 years make one or even two grades' improvement between the mocks and the summer exams when that is their attitude and approach now. I am one of those people from longer ago than that – I had such a disappointing History mock and got a really strong grade in the Summer. Then at A Level, I threw in a dreadful Shakespeare Mock in my Eng Lit and came out with a top grade by the summer. My brain didn't change between the two exams in either case – what I did with my time, the help I got and how I revised changed instead.

Take the opportunities, Year 11. I believe in you.



Message from Mr Wilkinson:

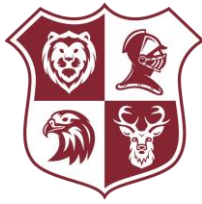
Now that you, Year 11, have had time to reflect on your recent mock exam results, it is important to use these outcomes as a springboard into focused revision, catch-up sessions, and continued academic effort. As we said when you collected your results, we are incredibly proud of your attitude, effort, and conduct throughout the mock period. However, for many of you, these results may also have brought a renewed sense of reality.

Some of you may feel disappointed with aspects of your performance. Remember, mock exams are not the destination; they are a checkpoint in your academic journey. They help both you and your teachers understand where you are now and what needs to happen next. Take time to reflect carefully on your results and create a clear plan for how you will move forward.

As highlighted recently in assembly, attendance is key. Being in school every day, arriving on time, fully engaging in every lesson, and attending revision sessions are essential steps in maintaining or improving your grades.

If you are unsure about what to do next, feeling demotivated, or worried about the pressure of exams, please speak to us. Your tutors, teachers, Year Team, and pastoral staff are all here to support you — make sure you use that support.

Most importantly, remember that it is not too late. The effort you put in now will make a real difference, and hard work over the coming weeks will pay off in the summer.



Messages from Miss Ferry:

Congratulations year 11's you made it through and completed your November/December mocks.

I was pleasantly impressed with how well you all presented yourselves during your mock exams, and I hope that shows through to your grades. With that being said, if you did not receive the grades you were aiming/hoping for try not to get overwhelmed as you still have plenty of time.

I am currently working on March mock timetables and seating plans, so if you have any concerns or worries, please do pop into see me or email me: eferry@noadswood.hants.sch.uk and we can discuss your concerns or worries.

The dates for the March mocks are as follows:

6th March – 13th March

Once again, I want to say well done to all of you, and wish you all the best of luck in March.



Messages from Miss Clews and Mr. Lewis:

Careers

College Applications

Applications to local colleges are now closing, with Peter Symonds no longer accepting new applications for September 2026. Barton Peveril will accept applications up to 13th February 2026, but no applications after this date will be considered.



Brockenhurst would like to receive all applications by Friday, 7th February 2026, but will accept late applications. However, anyone applying after this date may not be offered a place at the college and/or on the courses that interest them.

Applications to all other colleges should be made as soon as possible.

Apprenticeships

National Apprenticeship Week will be held between 9th and 15th February 2026. Around this time, there will be sessions in school giving general information, with specific apprenticeship workshops for those in Year 11 who are considering apprenticeships as a viable option to full-time college. If your child is in Year 11 and has not yet informed Mr Lewis that they wish to consider an apprenticeship, please can they email glewis@noadswood.hants.sch.uk as soon as possible.

Careers Interviews

Now that mock examinations are over, Mr Lewis will continue to offer careers appointments to anyone in Year 11 who would like to discuss their future options. Once again, students should email Mr Lewis at glewis@noadswood.hants.sch.uk. Alternatively, they can request a careers appointment by talking to their tutor or Head of Year.

EMAILS

When applying for colleges, apprenticeships or employment, it is important that you use a suitable and professional-sounding **personal** email address. Also, please remember to check all junk folders as well as your inbox for important messages once you have started making applications. You do not want to miss an important interview or event just because the email was identified as spam!



#4 Top Tips to support your child with their revision

1. Practise and repetition: give them the chance to recite, repeat and practise what they've learnt with you.
2. Host a revision day.
3. Timed exams / questions.
4. Mind-maps / brain dumps.

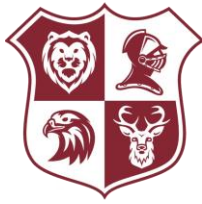
Revision Strategy of the month





Four ways to revise away from your desk

- Surround yourself with information - Your entire home can aid your study in the run-up to an exam. Invest in some sticky notes and pop them up in the place you visit most throughout the day.
- Exercise - Revision time can be stressful and one proven way of tackling those nerves is to exercise. It's important to take breaks anyway, but incorporating exercise into that time out can reduce those stress levels, even if you fit one 20-minute session into your day.
- Video call your friends - Get a few of your pals together on a video call to test each other on those challenging subjects can be a productive way of taking a break.
- Take your study outside if it's a nice day, get yourself out there. Wrap up warm against the January weather; and whilst going for a walk listen to a podcast. As the weather warms in the Spring consider that study notes are that much more inviting when read in the sunshine. You're also boosting your vitamin D intake, which is good for your health.



Recipe to Boost Brain Power



Ingredients:

2 cups blueberries

1 cup Pomegranate juice (or any berry juice)

1 tablespoon Chia sees

1 Ripe Banana

½ Avocado

Directions:

Add all of the ingredients to a blender and pulse until combined and smooth. If the smoothie is too thick, add more juice. If the smoothie is too thin, add ice.