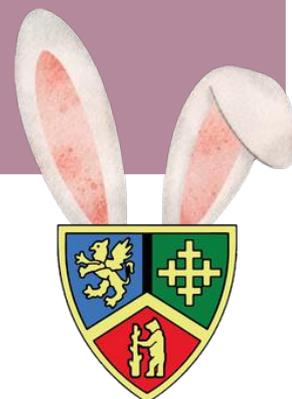


*Dear All,*

This half term has been as busy as ever here at The Polesworth School. From our outstanding performance evenings to historic cakes, it's all been going on! Once again our students have been working hard, for which they are reaping the rewards this week with passes to the front of the dinner queue, fun year group afternoons and dress down days. Well done everyone! For those studying and revising, I wish you success in your planning and preparation. There is support and guidance available from various sources, here at school and through various platforms elsewhere. In this issue there is also some extremely helpful support for parents and carers. Please take the time to have a look through and pick up some tips to help with the inevitable pressure of the next few weeks.

I hope everyone can enjoy some much deserved down time over the Easter break, and I look forward to seeing you all refreshed and ready for the Summer Term.

*Maura Favell*



The Polesworth School  
ENSURING EXCELLENCE

# Exam Revision Support: A Guide for Parents of GCSE & A-Level Students

Supporting a teenager through exam season can be a balancing act: you want to help, but not hover; encourage, but not overwhelm. Here are the strategies that genuinely make a difference to students' focus, confidence, and results.

## 1. Help Them Create a Manageable Revision Plan

Revision feels less scary when it's structured.

**What parents can do...**

- Encourage a balanced revision timetable—short sessions (30–45 mins) with regular breaks work best.
- Make sure the plan includes:
  - Mixed subjects (to avoid burnout)
  - Regular review time
  - Practice papers (the most effective revision tool)
- Avoid mapping every minute—leave room for life, rest, and flexibility.

## 2. Provide a Calm, Consistent Study Environment

The goal is a workspace that reduces distractions and feels safe and predictable.

How parents can help

- Ensure they have:
  - A quiet space
  - A desk or table
  - Good lighting
  - Minimal noise (headphones can help)
- Support tech boundaries:
  - Turn off notifications during revision sessions.
  - Encourage “Do Not Disturb” or apps that block social media temporarily.



## 3. Understand Their Revision Style

Every student learns differently.

Common strategies include

- Active recall: flashcards, self-quizzing, writing summaries from memory.
- Past papers & mark schemes: vital for GCSE and A-Level success.
- Teaching someone else: if they can explain it, they usually understand it.
- Mind maps & diagrams: especially useful for displaying in bedrooms.

Encourage them to experiment and find what sticks.

## 4. Support Their Wellbeing as Much as Their Grades

Exams don't require perfection—just consistency.

Parents can help by

- Encouraging regular breaks, fresh air, and movement.
- Keeping an eye on sleep routines - teenagers need 8–10 hours.
- Offering healthy snacks and meals.
- Staying calm; your stress can become their stress.

As we know, a supportive home environment boosts results as much as revision time.

## 5. Keep Motivation High

Gentle encouragement works far better than pressure

Tips:

- Celebrate small wins: “You’ve finished your biology notes—you deserve a short break.”
- Ask open questions:
  - “How are you feeling about this topic?”
  - “What would help you today?”
- Frame setbacks positively:
  - “This past paper was tough, but now you know what to focus on.”

Avoid comparisons with siblings or classmates.



## 6. Know When to Step In - and When to Step Back

Step in when:

- Your child is overwhelmed and doesn’t know how to start.
- They’re avoiding revision due to anxiety.
- They ask for help organising material or decoding exam requirements.

Step back when:

- They are working independently.
- They’re using effective strategies.
- They need space to build confidence.

## 7. Encourage Smart Use of Resources

Point them toward high-quality revision tools without overwhelming them.

Good resources include:

- School-provided materials
- Exam-board websites (for past papers)
- Revision guides (CGP, etc.)
- YouTube channels recommended by departments
- Flashcard apps (e.g., Quizlet).

## 8. Talk About Stress Openly

Your teenager may not show it, but exam pressure can feel huge.

How to support them emotionally:

- Let them vent without immediately solving the problem.
- Validate their feelings:
  - “It makes sense you’re stressed—this is a big time.”
- Remind them their worth is not tied to grades.
- Encourage breaks and downtime guilt-free.

If stress becomes severe, consider talking to school or a GP for additional support.

## 9. Keep Perspective (and help them keep theirs)

Grades matter—but not as much as students often fear.

Remind them that:

- There are many paths to success.
- One set of exams does not define their future.
- Effort and growth matter as much as outcomes.



## 10. Be Their Cheerleader

The biggest gift parents can give during exam season is steady, unconditional support.

Saying things like:

- “I’m proud of how hard you’re trying.”
- “Let’s take it one day at a time.”

You don’t need to know their subjects—you just need to be in their corner.

# EVENING OF DANCE

DESPITE THE HOWLING WINDS AND POURING RAIN OUTSIDE, INSIDE WAS A DAZZLING DISPLAY OF TALENT, GLITZ, AND GLAMOUR. OUR DANCERS CAPTIVATED THE AUDIENCE AND HAVE EVERY REASON TO BE PROUD OF THEIR PERFORMANCES. SPECIAL THANKS TO MISS HIGGINS AND MRS. WILLIAMS FOR ORGANIZING SUCH A FANTASTIC EVENING OF ENTERTAINMENT.



# EVENING OF DANCE



# EVENING OF DANCE



## Science - British Science Week



# BRITISH SCIENCE WEEK

6-15 March 2026

The British Science week is run by the British Science Association and is a ten day celebration of Science, Technology, Engineering and Mathematics (STEM).

The theme for this year's Science week was:

**'Curiosity; What's your question?'**

Our students were looking at some interesting scientific topics to generate curiosity.

Discussions were had on AI; how much we can trust it and what the impacts are on future jobs. Our year 7's and 8's also had a look at wind turbines and how they work whilst also being able to have a go at designing their own!

This year's Science week competition is based on the following question:

**'What do you think a good/positive childhood in the future looks like?'**

Students have been asked to make a poster on this question and what they think a good childhood looks like in the future. The deadline to hand in posters was Monday 23rd March. Science leaders will then decide which 5 to send off the British Science Week Association to potentially win a prize! The competition was open to all age groups. Watch this space to find out if we have any scientific artist and designers in our midst...

# Year 8&9 Science Trip - Teen Tech Festival

As National Science Week approached, our students attended the Mira Technology Institute for their annual Teen Tech Festival 2026. This year's theme is Smart Futures: Tech That Moves Us. This hands-on Teen Tech Festival was for Year 8 and 9 students to explore the exciting world of innovative technology, robotics, and sustainable transport. From AI-powered cars to wearable health tech, students tackled real-world challenges, met industry experts, and discovered how their ideas can shape the future.



**BRITISH  
SCIENCE  
WEEK**  
6-15 March 2026



**TEEN TECH®**



## British Science Week Quiz

We joined forces with Primary Schools in our trust, Community Academies Trust, to take part in a British Science Week quiz on Monday 9<sup>th</sup> March. 11 teams in total took part - 3 teams came in person to Polesworth and 8 teams joined virtually.

It was a great opportunity for our schools to do something together!

Congratulations to our winners!

First place - The Woodlands Community Primary School

Second place - Windmill Primary School

Joint Third place - Birchwood Primary School

Grange Park Primary School



# Educake Superstars

Y7

Archie W  
Daria D  
Charles G  
Erin L  
Selena C

Y8

Oliver H  
Samuel N  
Ashton C  
Seren M  
George D

Y9

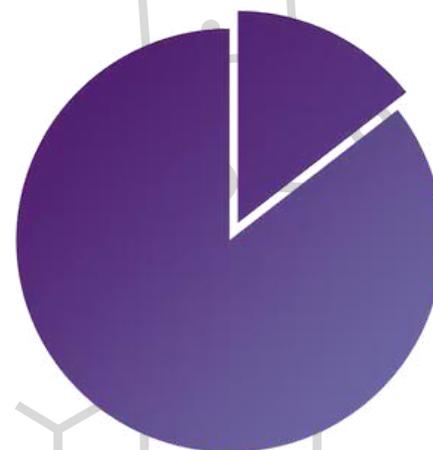
Ruby H  
Lily W  
Ellie C  
Emma N  
Pippa W

Y10

Isabelle R  
Quinn C  
Lucy H  
Lewi O  
Cody R

Y11

Ewan P  
Fraser B  
Harward M  
Heather J  
Lauren H



# Educake

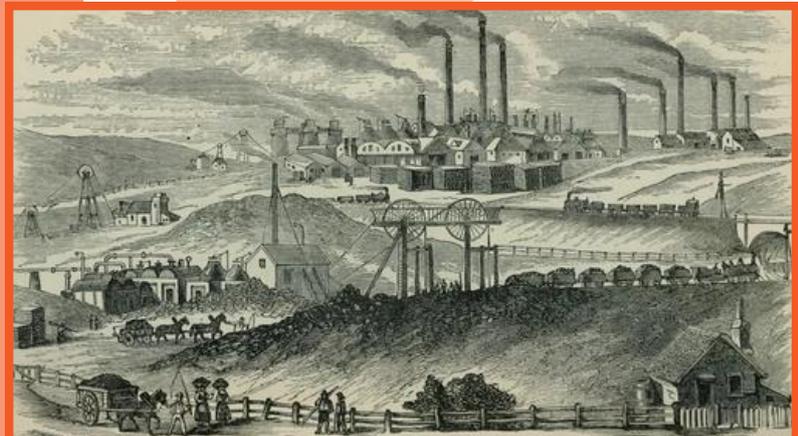
# Year 8 History Trip - Black Country Museum



## BLACK COUNTRY LIVING MUSEUM

Our Year 8 students recently visited The Black Country Museum where they experienced what life was like 250 years ago. No phones! No internet! How did they cope?!

From going down the mine to legging on the canal. A great day was had by all.



# History House Competition

Students in KS3 were asked to create a historical monument or place using anything they could find at home. They entered a range of different historical representations. Some of them created Minecraft versions of coal mines. Others created cakes that showed Warwick Castle and Tower Bridge. There was a cardboard model of Whitby Abbey and a version of a coal mine that had lighting and opened up to show workers at the base of the shaft.

Congratulations to our winners:

Y7 1<sup>st</sup> - Koray D

Y8 1<sup>st</sup> - Emily B

Overall 2<sup>nd</sup> - Rosalie L

Overall 3<sup>rd</sup> - George F

Well done and thanks to all who entered, you definitely got creative!



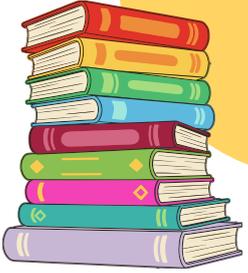
# History House Competition



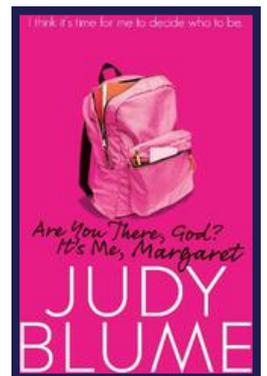
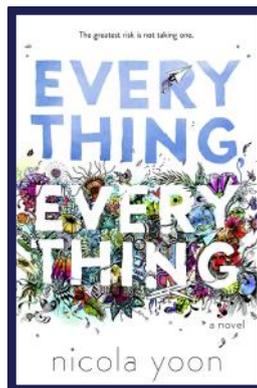
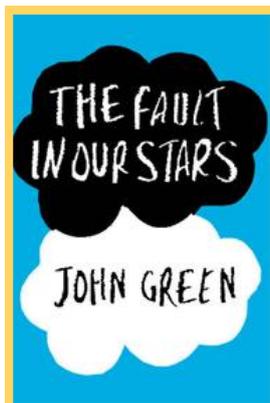
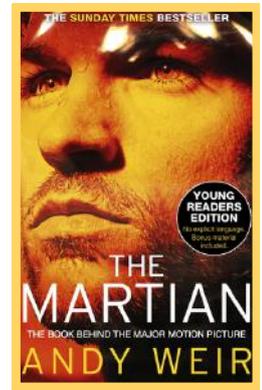
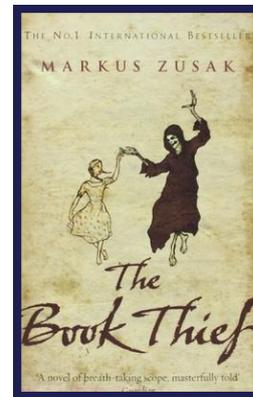
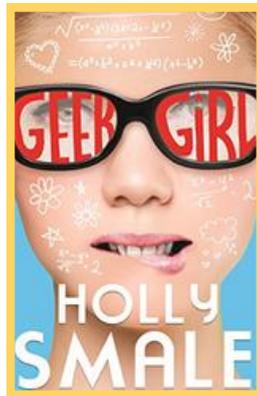
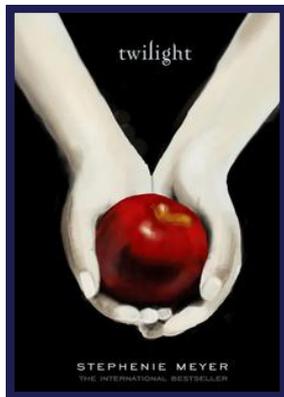
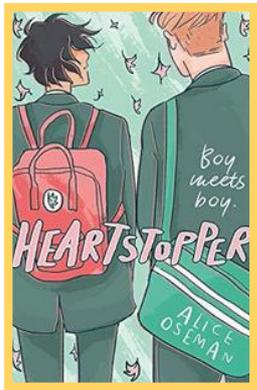
# Library News

Ever heard someone say...

“The book is so much better than the film!”



Why not put it to the test with these books from our own school library...?



# WELLBEING AMBASSADORS PROGRAMME

## WHAT IS WELL-BEING?



Good wellbeing can be described as when a person is feeling happy and contented most of the time and is able to experience joy and fulfilment. If difficulties do happen, they can accept and manage them.

Developing good wellbeing is essential, not only to protect against the onset of mental health problems earlier, but to increase young people's ability to build resilience and use strategies and self-help tools to care for their mental health.

## THE WORTH-IT WELLBEING AMBASSADOR PROGRAMME

### A BIT ABOUT THE PROGRAMME....

Polesworth has invested in the Worth-it Well-being Ambassador programme, which is all about promoting good mental health for students. This is an early preventive student led initiative which focuses on training a team of young people - Wellbeing Ambassadors in a variety of wellbeing approaches and strategies.

Following the training, they use these skills and knowledge to develop and lead peer support projects that reduce mental health stigma, improve access to support for all students, and encourage the development of positive coping and stress management, reducing the risk of mental health problems in young people now, and in later life.

The programme was inspired by and co-produced by young people. It is evidence-based and uses both coaching psychology and positive psychology techniques.



Mrs Asbury, the school counsellor is the Lead facilitator for the programme who recruited and trained a team of year 12 students to become Polesworth's Wellbeing Ambassadors.

## MEET THE TEAM



EVIE, FLO, EMILIA, GEMMA, FAITH, MERRYNN, ABI, HANNA, LOLA,  
SOFIA, NATALIE, JAMES AND SOPHIA-GRACE



## WORKSHOP

The Wellbeing Ambassadors took part in an interactive workshop day, where they explored topics such as, ambassador and communication skills, roles and responsibilities, safeguarding and barriers to accessing support.

Each Ambassador was given an individual training workbook to record their learning, and included helpful tips and coping strategies.



The photos show the Ambassadors developing their active listening skills through a paired listening activity.

## BARRIERS TO SUPPORT ACTIVITY

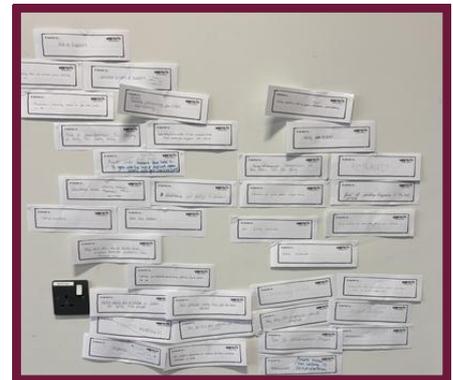
What are the barriers that young people face when trying to access support for their mental health?

The Wellbeing Ambassadors created a wall of barriers that they feel young people face when trying to reach out for support.

Example of barriers include:

Feeling ashamed; Not feeling comfortable; Lack of confidence; Anxious of what people might think; Awareness - knowing where to go and what to do; Social and cultural norms; Fear of something happening if they speak to someone one.

They began to find solutions to these barriers.



## NEXT STEPS...

The plan is to launch a peer-peer mentoring programme in school with the Well-being Ambassadors supporting younger students on a range of low-level issues. The Ambassadors will be starting to create an action plan of other support/intervention/campaigning they want to see happen in our school.



# Maths



## UK Maths Trust

Our students have been taking part in a National Math's challenge hosted by the UK Math's Trust.

From clever logic puzzles to mind-bending number challenges, the UKMT Math's Challenge is all about thinking creatively, spotting patterns, and pushing your mathematical limits.

Students aim for a Bronze, Silver, or Gold certificate or qualify as a grey or pink kangaroo!

As you can see, we have some excellent mathematicians here at Polesworth. Well done to our bronze award students.

### Gold Award

**Ruby W**  
**Finley B**

### Silver Award

Henry C  
Seth H  
Angelina O  
Asher W  
Jessica K  
Jack L  
Zak S  
Max T  
Summer W  
Logan B  
Ephraim D  
William D  
Lauren H  
Roman H

Keria H  
Oliver H  
Heather J  
Kamran K  
Annie M  
Kieran O  
Ewan P  
Zane R  
Lexi S  
Amelia S  
Lauren W  
Ella T  
Andrei M

### Best In Year

**Y9 - Ella T**  
**Y10 - Andrei M**  
**Y11 - Finlay B**

### Bronze Award

Rosy B  
Stanley C  
Elijah C  
Isabelle D  
Kye E  
Kaleb F  
Jacob G  
Bobby H  
Skye H  
Alfie L  
Hannah L  
Alice P  
Andrew R  
Anand F

Thomas H  
Alex H  
Sia M  
Ellie M  
Lewie O  
Daniel P  
Jacob R  
Keevah W  
Leah A  
Phoebe B  
Elisha B  
Bernard C  
Brandon D  
Roksana H

**A huge well done to all!**

# Mathematicians of the Month

## YEAR 7

Archie W  
Joseph S  
Sofia B  
Tristan W  
Ben H  
Izabella A

## YEAR 8

Lexi-Mai C  
Filip K  
Oliver H  
Cerys J  
Olivia D

## YEAR 9

Lucas P  
Stanley C  
Kreios P  
Ryan G  
Kayden R  
Lola A

## YEAR 10

Amelia B  
Emile B  
Alex R-S  
Hannah F  
Ebony  
Vinnie

## YEAR 11

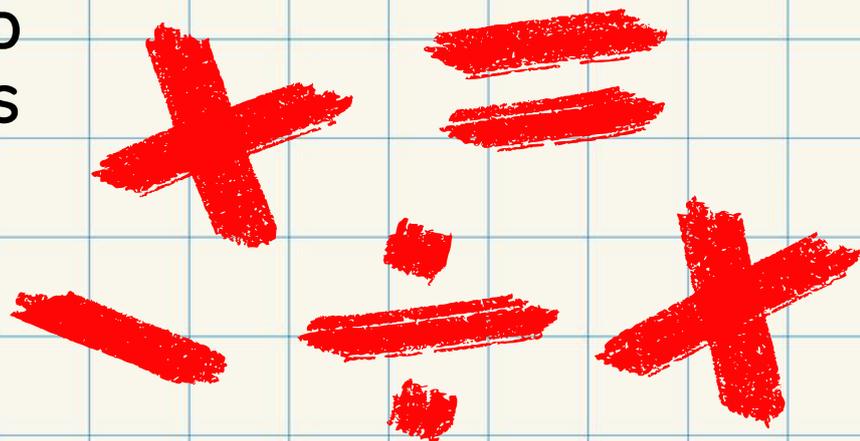
Joe B  
Harriet P  
Kaydon H  
Lexi S  
Lucas LD  
Carson S

## YEAR 12

Bobbie H  
Eleanor W  
Josh H

## YEAR 13

Evi A  
Luka G



# Design & Technology



Year 8 have been learning how to turn cream into butter during their food and nutrition lesson! Excellent food science knowledge gained.



Huge well done to our Year 10 Food & Cookery students for their fantastic presentation of mini pavlovas!

Beautifully made, creative, and full of skill – you should be really proud of your work!



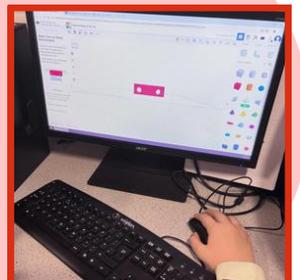
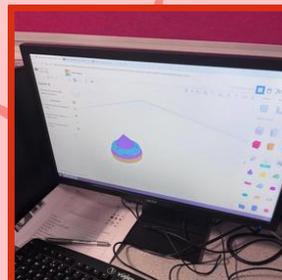
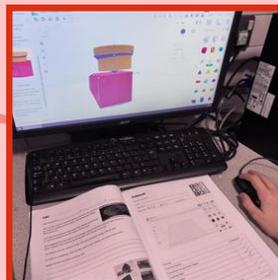
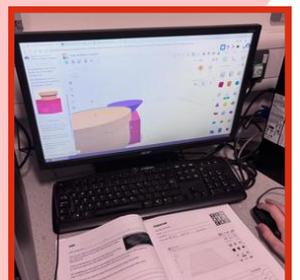
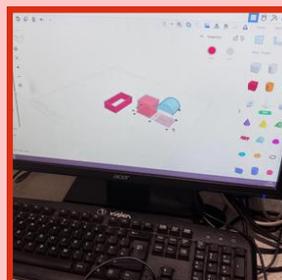
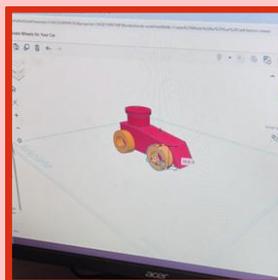
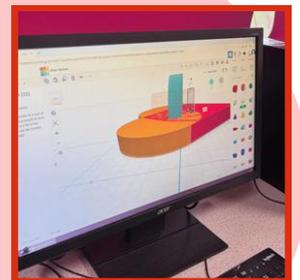
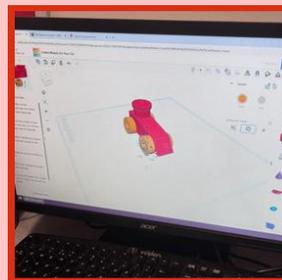
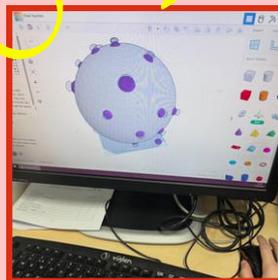
yum!





Year 9 have been designing and making cushions inspired by nature.

We're learning all about communication of design ideas with our Year 10 students, CAD is a huge part of this in the modern design landscape and tinkercad is an excellent tool to help master the skills!





Year 8 had a great time this rotation making these frames, each corner with a different joint!  
Well done Year 8!



# PE Round Up



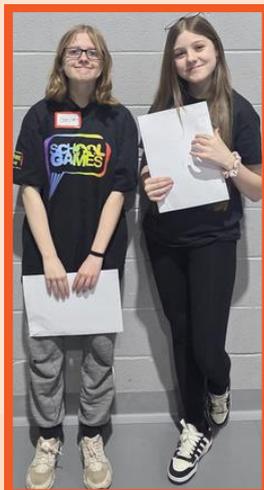
Alex Haywood in Y10 attended the English Schools Cross Country in Liverpool. He started 5th in the pen but finished an amazing 2nd for Warwickshire and 111/340 overall. Well done Alex!



Congratulations to Kai Piff who recently competed in a Muay Thai tournament. He went on to win the 4 Nations Tournament and has qualified to represent Team GB in Italy later this year. His resilience and hard work certainly paid off, even with a sore foot and thick lip! Well done Kai, an amazing achievement



Well done to our five Year 9's who completed their Leadership training at Langley School. They were all extremely well behaved and learnt lots about inclusion in sport and how to adapt sessions!



Excellent energy and teamwork from our year 7/8 girls who have taken part in a girls football tournament over the last 3 weeks against other schools in the district. Although we didn't place in the top 3, we are very proud of their commitment and skills shown in the competition! Well done all!



At the beginning of March, our students had an incredible opportunity to attend a Girls' Rugby Tournament with England Rugby!

Seeing so many talented young players was truly inspiring. The energy, teamwork and determination on display showed exactly why opportunities like this matter — they help young girls see what's possible and believe in their own potential.

Experiences like this encourage confidence, resilience and a love of sport that can last a lifetime. We're proud to support and inspire the next generation of girls in rugby!

Two football results to add for Yr9 football. Excellent attitude and effort levels in two hard fought encounters. In the first game against TQEA, we were put under intense pressure for the first half but were able to maintain a clean sheet after a fantastic penalty save. Eventually QE scored, but the team played exceptionally well on the counter attack and equalised with 5 minutes remaining. Either team could have snatched a dramatic winner but the game ended all square. In the second game we came up against a strong Higham Lane team who dominated possession of the ball throughout. We defended well but couldn't find a way to create many opportunities of our own. Eventually Higham scored a really well worked goal and held on for a 1-0 victory.

The year 9 netball team competed in a tournament tonight at The Nuneaton Academy against 3 other schools, winning 2 games and narrowly losing 1. They all played absolutely brilliantly! Their movement off the ball, communication and defending were all superb. They were open and adaptable to changing in to any position so everyone could have a turn in their preferred places and, to their credit, this didn't negatively affect their performances at all! After each game the opposition school struggled to choose an MVP which is testament to how well they all played - there was a different student for after each game, so special mentions for Kiki, Katelyn and Romee. All of the girls also showed excellent sportsmanship and kindness to the other teams and teachers too. This team is always a pleasure to take to any fixture and represents The Polesworth School perfectly.

#### Yr8 Rugby (Tuesday 24 March).

Well done to the boys that represented the school rugby team. The team started the evening with two impressive performances against STM and Etone. In both fixtures, the players showed great composure under pressure. The victory against Etone was built on a foundation of solid tackling, while the win over Etone showcased the team's ability to run with the ball and move the ball wide, trying to exploit gaps in the defensive line. The final match against a talented Higham side was undoubtedly the game of the night. It was a back-and-forth battle where neither side gave an inch. While the narrow defeat in the final minute was a tough pill to swallow, the boys should be immensely proud of their resilience. To push a team of that caliber until the very last whistle proves how much potential this group has. Beyond the scorelines, the most pleasing aspect of these matches was the sporting manner in which they were played. Whether in victory or the sting of a last-minute defeat, the team maintained their discipline and showed genuine respect for their opponents and the officials.



Polesworth darts team won their first competition granting them a place in the finals after Easter.... A cracking performance from all of the lads and a lovely team spirit throughout the evening! Well done to both Oscar and Layne for hitting the highest score of 140!



# Geographers of the Month



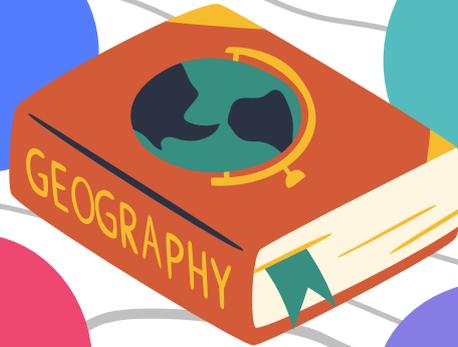
# FEBRUARY

## Year 7

Macy B  
Emily B  
Stanley D  
Zoe E  
Sophie K  
Olivia R

## Year 8

Florence E  
Finley G  
Arianna A  
Annie S  
Scarlett J  
Cassidy P



## Year 9

Millie B  
Georgia C  
Rohan C  
Archie D  
Chaorlie H  
Eden P

## Year 10

Amelia B  
Masie F  
Jacob P  
Luke P  
Jimmy S

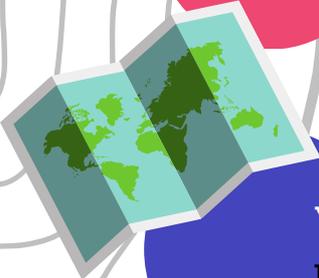


## Year 11

Luke C  
Kaden H  
Ellie E  
Ephraim D  
Sophie Y

## Sixth Form

Mayah I  
Jake R  
Khloe S





Self-care is all about the little things we do to help ourselves feel better or to keep ourselves feeling good. This is a great way to look after our mental health and wellbeing. Self-care involves 'checking in' with yourself and thinking "how do I feel today?" and understanding "what do I need today?" Self-care looks different for everybody. What works for one person may not work for someone else!

#### Our tips for self-care:

- **Taking** time-out when we are feeling overwhelmed.
- **Making** time for an activity which makes us feel good e.g., taking a bath, listening to music, going for a walk, or playing a game you enjoy.
- **Doing** the basic things to look after ourselves e.g., eating and sleeping well.
- Practise self-care by asking yourself the questions in the box below:

How do I feel today? What do I need today? Do I need physical or mental self-care? When can I add self-care into my day? Make time to do it! Repeating these Self-Care check-ins at least once each day can help improve our mental health.

## New SEND Email Address

Please use the new email address below if you have any questions, concerns or queries regarding your child and any additional needs they might have.

This email account is accessed by the SENCO, Inclusion HUB Manager and Inclusion Admin Support, who will aim to respond as soon as they can.

**SEND@thepolesworthschool.com**



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Just search for:

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JOHN  
LEWIS



Plus, you'll get...



Exclusive retailer offers



Competitions



A warm feeling inside!

Over  
**£60m**  
raised for UK good causes

**£0**  
extra cost to anyone

# Important Dates



EASTER HOLIDAYS



TRAINING DAY  
CLOSED TO PUPILS



Y12 PARENTS EVENING



BRONZE D OF E MAP  
READING DAY



CAREERS FAIR



# The Polesworth School

ENSURING EXCELLENCE

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## School Office Opening Hours

The school office is open:

8.00am until 4.00pm Monday to Thursday

8.00am until 3.30pm Friday

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For any queries, please email  
[admin@thepolesworthschool.com](mailto:admin@thepolesworthschool.com)  
or telephone 01827 702205

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