



DRAYTON MANOR HIGH SCHOOL

WEEKLY PARENT & CARER BULLETIN 22 April – 26 April 2024

KEY DATES FOR THE TERM AHEAD

Events	Dates
Battle of the Bands	24/04/2023
House Supper	30-1/04/2024
Battlefields trip Parents' Event 5.30 PM to 6.30 PM	30/04/2024
Speakers for Schools	3/05/2024
Year 11 and 13 Photograph	
BANK HOLIDAY	6/05/2024
Year 13 MFL Speaking and Home Language Exams	7/05/2024
Speakers for Schools	
Year 8 Parents' Evening 4.30 PM to 7.00 PM	9/05/2024
End of MFL Speaking Exams	10/05/2024
Mental Health Awareness Week	13-17/05/2024
Brilliant Club Graduation Year 10	15/05/2024
Cultural Diversity World Day	17/05/2024
HALF TERM BREAK	27-31/05/2024

1. DMHS BATTLE OF THE BANDS

We're excited to share that the highly anticipated Battle of the Bands event is scheduled for 24 April at 6.00 PM in the School Hall. Doors will open from 5:30pm with refreshments served in the Dining Hall. Students from all year groups have been working hard to prepare for their performances with ten different bands successfully making it through. Each band will be judged by our panel of guest judges who will be deciding on their favourite bands of the night. It promises to be a very exciting event and we look forward to welcoming you to view these hugely talented groups as they take to the stage. Tickets are on sale on ParentPay for £4. Although we don't want finances to be a barrier for any family to attend to see their child so, please contact Mr Moffat at the school who can assist with this. All students who are not performing must be accompanied by their parent or carer. Students are not permitted to attend with a different parent or carer. Wristbands for entry will be distributed from the music office after ticket sales have closed. We have bands representing every Year group, promising a close and thrilling competition with an array of talented musicians involved.

2. YEAR 7 PARENTS' EVENING

Our upcoming Parents' Evening will be on Thursday, 25 April, from 4:30 PM to 7:00 PM. The School Booking system is now live, and you can book an appointment slot. Please note that appointments will be conducted exclusively through the School Cloud, allowing you to conveniently select times to meet with your child's teachers. Each appointment slot will be up to five minutes. For guidance on how to navigate the booking process, we encourage you to watch a brief instructional video available at this link: [Video Tutorial](#). Any queries can be sent to adminoffice@draytonmanorhighschool.co.uk

3. ENRICHMENT

Students are encouraged to participate in a selection of activities designed to enrich their learning experience. These activities aim to foster personal growth, skill development, and a well-rounded academic experience for your child. To explore the full schedule of enrichment options for the 2023 - 24 Academic Year, [please click here](#). We believe these activities will contribute significantly to your child's academic and personal development.

4. PARTNERSHIP WORKING TO ENSURE STUDENT SAFETY

Parent support plays a critical role in helping us keep students safe. A kind reminder that students should proceed immediately home at the end of each day. They must not invite any outsiders or individuals from other schools to the school or associate with them. Students should keep all valuables out of sight. The Senior Team undertakes extensive supervision at the end of the day to ensure students get home safely, including a driving patrol to cover a wider geographical area. As a school, we are grateful to our parents and carers for their support with this matter.

5. NOTICE REGARDING LAST MINUTE APPOINTMENTS

We would request that all dentist and doctor's appointments are booked outside of the normal school day unless they are emergency appointments. Should you need to take a student to an on the day emergency appointment, please contact the school as soon as possible to alert us, prior to your attendance at school.

6. DELIVERY POLICY UPDATE

We are seeing an increase in parents and guardians attempt to deliver sports kits, lunches etc., during the school day. Please encourage students to be organised and prepared prior to school. We understand that there may be occasions where emergencies arise, but we are unable to deliver routine items to student during the school day. If you need to attend site in case of an emergency, please contact the school office on 020 83571900 in advance to make necessary arrangements.

7. EALING MENTAL HEALTH WORKSHOPS FOR PARENT/CARERS

Over the Spring term, the Ealing Mental Health Support Team will be organizing a variety of workshops for parents and carers of children who attend schools in Ealing. [Please click here](#) to know more and how you can sign up for the workshop.

8. FREQUENTLY ASKED QUESTIONS: UNIFORMS

What is the school uniform policy for students up to Year 11?

The school uniform policy can be viewed on our website [here](#). All students up to and including Year 11 are required to wear the school uniform, including when traveling to and from school, during school hours, and on official school visits and occasions.

What are the guidelines for outdoor clothing and coats?

Outdoor clothing should be suitable for school and all coats must be plain black or navy blue without logos, brightly coloured or metallic zips/buttons, fur, or hooded sweatshirts. This applies to both girls and boys.

Are there specific rules regarding shoe styles?

Students should wear black shoes that can be polished. Boots, trainers, sports shoes, mules are not allowed.

9. TOP TIPS

Today's top tips from the National College is about managing Exam stress.

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at Penistone Grammar School.



The National College



GET READY FOR THE FIRST EVER

DMHS BATTLE OF THE BANDS!

Our talented musicians are set to take the stage to compete in this thrilling musical showdown!

**Date: 24 April 2024
Time: 6.00 PM onwards
Venue: DMHS Main Hall**

Tickets are available on Parent Pay

GET YOUR TICKETS TODAY!

