

The Swaminarayan

Education is that which liberates

Dear Parents, Guardians, Pupils and Friends,

Theme for the week

The theme for next week is “**Create a plan**”. I have written about it on the reverse of the newsletter.

S2 Parents’ Consultation Evening – Thursday, 8th March

Following the Options afternoon, as promised all parents will have a chance to discuss the options with the teachers at the Parents’ Consultation Evening on Thursday, 8th March between 4.30-7.00 pm in the Yogi Hall. All the parents will have an opportunity to meet their child’s subject teachers including the House Tutors, who meet the pupils twice daily and keep a very careful eye on their welfare, progress and achievements. This is also a chance to discuss the options with the teachers.

ISA DRAMA COMPETITION (Year 9) REMINDER & INVITATION - *Mr Benny writes:*

Just a reminder that you and your family members are invited to attend their children’s devised play, *Art Heart*, at Tring Park School for the Performing Arts (Mansion Drive, Tring. HP23 5LX) on FRIDAY 9th MARCH – Performance: 9.25 a.m. sharp. Adjudication and break ends at 11.40 a.m. Depart at 12 noon for return to TSS. Please see ***Stop Press*** below.

TRAVEL ARRANGEMENTS: all Year 9 actors and our tech crew – Jathusa Sivarupan and Pari Parekh – **MUST BE READY TO BOARD OUR HIRED COACH AT TSS AS EARLY AS 6.45 a.m. and no later, please.** Parents are welcome to follow us thereafter to Tring. We hope to return in time for a late lunch by 1.15/1.30 p.m.

LAMDA EXAMS (Years 7-10 inclusive)

LAMDA has now confirmed our booking for the students’ examination in Poetry and Prose will take place over three days, 2nd, 4th and 11th July, before the GCSE exams. There were no earlier slots available. Any queries, please contact either CW, VR or myself, MB.

STOP PRESS

ALL S3 ACTORS, TECH AND PARENTS ON BOARD ... PLEASE! *Benny writes*

DEAR PARENTS, ACTORS AND TECH – Please read carefully in preparation for the ISA DRAMA COMPETITION:

THURSDAY 8th March – Would parents coming to Tring to see S3’s *Art Heart* please see their son’s or daughter’s email and its attachments, complete with map and sign-up list for Tring School’s security, to be sent off by email immediately. See letter of instructions below from Tring:

Drop off point: On arrival, you can park immediately in the Forge car park (on Tring High Street in the town) and walk down to the school (it is just 4 mins’ walk). Alternatively, you will be signposted to a drop off point where minibuses can turn around and then be parked in the Forge car park. Please note that The Forge car park is payable (Mon-Sun 08:00 - 18:00 / £1.50 for 4 hours). From the drop off point you will then be directed to a sign in desk.

Sign in: Tring Park School requires that every person signs in on arrival, so please allow adequate time for this. In order to speed up the process, we strongly recommend that you complete the attached form in advance and bring it with you on the day, or email it to me by 10 am on Thursday morning.

FRIDAY 9th March – ALL CAST AND TECH CREW (Jathusa and Pari) TO ARRIVE AT TSS NO LATER THAN 6.45 a.m. ready to board the coach to Tring.

Venue: Tring Park School for the Performing Arts, Mansion Drive, Tring, HP23 5LX

Revision and Preparation

Best ways to prepare and revise for Exams

Five Top Tips:

- 1.) Create a structured revision timetable
- 2.) Adopt a positive approach to revision
- 3.) Establish an appropriate study environment
- 4.) Be active with your revision: Visual/Listen/Move
- 5.) Strike a balance between health/work/play

Lasting Learning

- Enrich environment
- Engage all senses
- Allow the brain to reflect
- Engage in physical activity
- Interrupt learning with breaks
- Consistent feedback from teachers & peers
- Support from parents
- Generate love of learning
- Relax to Energise

Revision Timetable

The key to effective revision is to:

- Plan revision timetable that is realistic
- Makes sure that all topics are covered
- Treat revision as an 8 hour working day
- Five days per week clearly marked revision slots
- Spend five to six hours revising per day
- Each slot is 45 minutes long
- Short 15 minutes breaks after each slot
- Start early not later than 9 am
- Create time for one hour lunch
- Add a reserve revision slot for challenging topics
- Do past papers under exam conditions
- Review and revisit recent revision to make sure you remember
- Repetition key to success
- Make sure you cover the exam syllabus

Play to Relax

A realistic revision timetable establishes a rhythm to your day. Plan enjoyable activities with friends which allows you to share problems, socialise, which will be helpful to manage stress and anxiety through the revision and exam period; and ultimately make you more productive! Strike a balance between daily revision; eight hours of sleep and nutritional diet with plenty of water

Study Environment

A clutter-free workspace in a quiet part of the house is essential for effective revision. Ensure that all equipment (stationary, textbooks, notes, bottle of water, etc.) is at hand to prevent disruption to your revision sessions. Remove all distractions such as phones, internet enabled devices, magazines, etc. Tell the younger or older siblings to ensure they respect your space and revision period.

Revision

The best revision involves active current engagement with the content; passively reading through textbooks or copying out notes will not ensure a thorough understanding of the subject content. You have access to lots of revision resources given by your teachers. Mostly importantly:

- Establish what you know: by writing out in ‘mind-maps’ or summary notes about the topic. This will get your brain ready to learn and make you aware of the gaps in knowledge.
- Build your revision: around what you already know about each topic: Memory works best when information is structured, patterned and linked to existing knowledge. This will allow you to make better sense of new information. The more we understand, the less we have to remember by rote.
- Pick out key words or themes: from notes and textbooks. This will aid understanding and frees your memory to learn more. Key phrases, laws and words can be transferred to revision cards and used to recall more challenging concepts.
- Use all your senses: Some pupils will remember best when they have been told facts, others when they have seen them written down. Some recall better when listening to information they have recorded, while others remember facts if they are displayed in a visually appealing way (e.g. diagrams or flow charts). Using a variety of senses keeps revision more engaging and ensures longer lasting recall.
- Test yourself: Answering past paper questions under timed conditions ensures you are familiar with the exam conditions. You can then mark the work using the mark schemes to see what areas of the course need bolstering. Actively looking for areas where you may lose marks is important and caution must be taken not to be too generous with the marking. Another form of self-assessment is by “teaching” a topic to a friend or obliging family member.
- Predict: When you are feeling confident about a topic you can use the syllabus to come up with different types of questions that could potentially be asked in the exam; the more challenging the better! Then constructing model answers or answering the questions under exam conditions can help you to check your understanding.
- Overlearning and repetition are vital. Revisiting topics regularly reinforces knowledge and ensures the memories are longer lasting. You can use the reserve time at the end of the day to quickly recap on recently covered topics to keep them fresh in your minds.

Parents

- Parents often feel anxious about whether their son/daughter is revising adequately and sufficiently. It is important that you are aware of what is expected of your son/daughter, and that they feel supported and have all their practical needs met in order to revise in a healthy way.
- Your role is essentially to help the pupils achieve the optimal balance between being too relaxed, and suffering too much with anxiety and stress.
- Try not to make too many demands during revision and exam period. Also, try not to expose them to your own anxieties about their exam performance. This can often lead to arguments which will add stress and hinder revision.
- Impress upon them the need to have a clear distinction between revision time and free time. Short intense bursts of effective revision with regular scheduled breaks as explained above is far more effective than long slots half-heartedly skimming notes.
- If you feel that they are overdoing it, then suggest they have a break. It is helpful that they are realistic about what is reasonable and effective. Pupils often lose perspective during revision period. If they seem excessively anxious, remind them that whilst exams are important, their whole life does not depend on them, even though it may seem like it at the moment.
- You can offer help by making store up on paper and other stationary with plenty of healthy snacks in the fridge; by helping them with the timetable which sets a routine to meal times, breaks, etc. A structured routine is essential during revision and examinations. Promoting

regular exercise and sufficient sleep will also have a big impact. Go out with them for a walk if that is the only way to get them out for fresh air.

Examination Timetables

You should have a personal copy of your examination timetable, which is available on the Parents Portal.

Examination Days

On the day of the examination try to have a good breakfast/lunch and have plenty of water. Research has shown that this helps with exam performance. Make sure you get to the exam in plenty of time, take deep breaths to relax and ensure you read all the instructions and questions carefully before answering. Highlight key words or phrases if that helps. After each exam, though it is so tempting, try not to discuss the paper with your peer; it will only make you anxious; be positive and move on to the next exam.

S3 Parents' Consultation Evening

We apologise for the enforced cancellation of the planned parents evening due to the adverse weather. The Parents' Consultation Evening for Senior 3 pupils will now take place on 19th April 2018 between 4.30-7.00 pm in the Yogi Hall. All the parents will have an opportunity to meet their child's subject teachers including the House Tutors, who meet the pupils twice per day and keep a very careful eye on their welfare, progress and achievements.

Create a plan

Think

Setting a goal for your life is all well and good but you will not reach your destination if you don't create a plan of how to get there. When a gardener plants the seeds of an apple tree, she has to make sure that the soil is fertile and that every so often it is watered. When the sapling is still small she will hold it up with a stick so that its roots have the chance to establish themselves. While it grows into a small tree after many years of nurturing, and the fruits begin to hang from the branches, she will continue to feed it fertiliser and water until they ripen. Only then will the apples she picks be sweet and juicy. Did you know it takes between 6-10 years before an apple tree is fully mature and produces fruit!

Feel

When you are young you are still learning, but a time will come when you have to decide what you do with your life. Having once decided, you will have to create a good plan to set you on your journey. A good plan has a short, medium and long term vision, and you will need to decide where you want to be in two, five and ten years' time. You will have to review your plan regularly to make sure that you are on track and if not you will have to modify your plan to get back on track.

Do

Think carefully about your plan; read books and magazines to find out if there is a future in that goal. It is no good having a goal for your future if it is not going to give you the type of life you want to create for yourself. Find people who already do what you want to do and speak to them to try and get work experience in that field. Find out about the future prospects and all the positive and negative aspects of what you want to do. Your plan will be a hundred times better if you do your research well, otherwise you will stumble through it and end up stumbling through life. You cannot afford to stumble though life if you want to build a bright future for yourself and everyone you love.

Yours sincerely,

Nilesh Manani