

WEST GRANTHAM UPDATE



Friday 09 May, 2025

WEST GRANTHAM

Church of England Secondary Academy

Eggs, exams and extra enrichments!

It's been a busy and exciting start to the Summer term at West Grantham, despite it being bank holiday season, as we've entered one of the most important parts of the academic year. Year 10 students have now completed their mock exams—well done to them for their focus and determination. Meanwhile, Year 11s have officially begun their exam period, and we'd like to take a moment to wish them all the very best. The hard work will soon feel worth it and start paying off - we're all behind you!

This week, students also marked VE Day with a two-minute silence. It was a moment of reflection and respect, observed maturely by all. It's always powerful to see our school community come together in this way.

In lighter news, a group of students enjoyed a well-earned Easter Egg Hunt reward, having collected an impressive number of positive points this term. The sunshine made it an even sweeter treat—both literally and metaphorically!

Clubs continue to thrive, and due to huge demand, we're excited to announce a brand-new boys' football enrichment, and also seen a huge increase in turnout for after school football clubs! We're sure the weather has nothing to do with the rising numbers... Science Club also took advantage of the sunshine, heading outside to explore aerodynamics with paper aeroplanes—some flew, some fluttered, and a few crash-landed spectacularly, but all in the name of science!

Finally, a huge thank you to all the families who came to Year 7 Parents' Evening. It was wonderful to see such strong support and engagement, and we look forward to building even stronger links between home and school as the year continues.

As ever, there's plenty going on at WGSA, and we're proud of the positivity and progress across all year groups. Here's to another successful term ahead!

A word from...

Cole, Y11

Hi, I'm Cole., and I'm in Year 11. Right now, it's all about revision and getting ready for the real exams. It's definitely stressful at times, but I've found that having a proper plan helps a lot. I try to revise in short chunks and take breaks so I don't burn out. I also switch between subjects to keep things interesting, and doing past papers really helps me see where I'm going wrong. Flashcards and revision videos have been useful too, especially for the stuff that doesn't stick right away.

If I had any advice for the younger years, it would be to take your mocks seriously – they really do help. Also, start revising earlier than you think you need to. It feels weird at first, but you'll thank yourself later when things start to make more sense. And don't be afraid to ask for help – teachers actually want you to do well! Try to stay off your phone while you're working, and don't compare yourself too much to other people. Everyone revises differently – just find what works for you and stick to it. The main thing is to stay positive and keep going, even if it feels like a lot.

WEEK A - MAY 12

Mon

Football Clubs, Fitness Gym, Gardening Club, Library Club

Tue

Library Club
Table Tennis
PSHE Drop Day
Y8 Parents Evening

Wed

Fitness Gym
Library Club

Thu

Homework, Fitness Gym, Debate, DT, STEM Clubs
Positive Futures

Fri

Christian Union Club (Lunchtime)
Art Club
Library Club

WEEK B - MAY 19

Mon

Football Clubs, Fitness Gym, Gardening Club, Library Club

Tue

Library Club
Table Tennis

Wed

Fitness Gym
Library Club
World Day for Cultural Diversity Themed Menu
PSHE Day

Thu

Homework Club, Fitness Gym, Debate Club, Design Tech and Art Club, STEM Club
Positive Futures

Fri

Christian Union Club (Lunchtime)
Library Club





10 Top Tips for Parents and Educators

EXAM-DAY READINESS

The lead-up to exams can be an emotionally challenging time. As the date approaches, nerves can become harder to manage. From nutrition to emotional support, this guide offers 10 practical strategies to reduce stress and enhance performance. Whether at home or in school, these tips encourage focus, resilience, and wellbeing – giving every student the best opportunity to approach exam day with clarity and self-belief.

1 FUEL THE BRAIN



Encourage students to eat a balanced breakfast and hydrate before exams. The brain is around 80% water, so even mild dehydration can reduce memory and concentration. Provide water, cereal bars, or fruit on exam day – especially helpful if anxiety affects appetite. A little fuel can go a long way towards better performance.

2 PROMOTE POSITIVE SELF-TALK



Support young people to challenge negative thoughts. Help them replace "I'm going to fail" with "I've worked hard; I can do this". Positive affirmations boost confidence and reduce anxiety. Practise these together at home or in school settings.

3 PRACTISE RELAXATION TECHNIQUES



Encourage daily use of calming techniques, such as diaphragmatic breathing, guided muscle relaxation, or mindfulness. These techniques help regulate stress responses. Consider running short morning sessions before exams, or practising together at home to promote calm focus.

4 CREATE FAMILIAR COMFORT



Ensure a supportive adult is visible and available before exams. The calm presence of a parent or teacher can offer a sense of safety. Schools can provide 'calm zones'; parents can support with consistent routines and reassuring conversation.

5 ENCOURAGE VERBAL EXPRESSION



Invite students to talk about their exam worries. Whether it's a quick check-in with a teacher or chat with a parent, open conversations reduce emotional pressure. Active listening is often more powerful than immediate problem solving.

6 ORGANISE EXAM-DAY LOGISTICS



Prepare exam-day essentials in advance. Schools can coordinate staff to greet students and manage pre-exam spaces. Parents can prepare clothes, equipment and transport the night before to prevent stress.

got this!

7 BUILD A COPING TOOLKIT



Teach students simple 'in-the-moment' coping strategies. These include calm breathing, focusing on what they can control, and using grounding techniques. Practise these together so they become easy to recall under pressure.

8 EMBRACE A BALANCED ROUTINE



Reinforce healthy routines: regular sleep, nutritious meals, movement and time to unwind. Families and schools can support students by encouraging outdoor time, screen breaks and restful evenings before exams.

9 NORMALISE EXAM NERVES



Let students know that feeling anxious is normal and doesn't mean they're unprepared. Reassure them that a certain level of stress is natural – and can actually improve focus and performance when managed well. A calm, understanding tone – at home and at school – helps build confidence and resilience.

10 KEEP SPACES CALM



Reduce pressure in exam-day environments. Whether in the school common room or family kitchen, avoid last-minute cramming. Instead, use soft lighting, gentle music, and quiet time to support a composed mindset.

Meet Our Expert

Stefan Fusenich is a teacher educator and DfE subject learning coach (advanced practitioner). Stefan has extensive management and teaching experience across various posts in education, and is a qualified lecturer with Qualified Teacher Learning and Skills status.



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REVISION

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/exam-day-readiness>