

**30th April 2024****Headteacher - Patrick Earnshaw****Deputy Headteacher - Mathew Downs****Assistant Headteacher (Head of Sixth Form) - Lisa Swan**

Dear Year 13 students and parents,

This week marks the last week of formal timetabled lessons at Highcliffe. I wanted to take this opportunity to recognise the hard work and positive attitudes of our students over the last 2 years, and also the support and encouragement of parents over this time.

We are strongly encouraging year 13 students to continue coming into school to revise with their teachers during timetabled lessons, and to use the study centre, library and café which remain available to you. Please remember to swipe on and off site as normal.

Students will be well into their revision by now, and we have been encouraging you to ensure that there is balance during this last push towards your final exams. An ideal way to find this balance is to think of revision as a full time job with set working hours and tasks to complete during that time, but also with breaks and time completely away from revision.

We understand the pressure that students may be feeling at the moment and would remind you that tutors, teachers and I are still available to help and support you, please do pop in to talk or send an email.

The NHS has created this short questionnaire that works out a personalised wellbeing plan and also outlines CBT strategies for anxiety and unhelpful thinking types.

[Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Please find the Ultimate Revision Guide (also from the NHS) <https://highcliffe.school/I/WazA5>; hard copies of which are available from the study centre.

We will celebrate the end of formal timetables with students this week on Friday 3<sup>rd</sup> May at 1.20pm with Hoodies, Yearbooks, Student awards and Pizza. It's a lovely time to relax together, thank tutors and teachers and sign yearbooks.

Students' individual exam timetables found on MyHighcliffe for the summer External Exams have been updated. Venue and seating information is now available to view. Please check timetables carefully. Students are reminded that they need to bring their lanyards to all exams as proof of identification. Students with an exam clash of over 3 hours will be receiving further instructions by email in the next few days.

Finally, for those of you who haven't yet bought tickets for our Leavers event at The Cosy Club on Monday 24<sup>th</sup> June tickets are still available on Wisepay. We have also ordered a few spare Yearbooks, students who would like to purchase one should see Miss Marks.

Please accept all of our encouragement for the exam period, this year group has been an absolute pleasure to work with and we wish students all the best over the coming months.

Kind regards,

Mrs Tubbs and the 6<sup>th</sup> form team