

Thursday 5th January 2023

Dear Parents/Carers,

I hope you all had a peaceful Winter break and that 2023 will be good to you. It doesn't seem that long ago that I sent an email welcoming you, as a parent, to our Sixth Form and now we are nearing the end of that time and your son/daughter is heading towards the final stretch of their time in year 13. This email is to outline what is happening over the coming months and to update you on dates you need to be aware of, along with the support that we can offer.

Year 13 PPEs (pre-public exams) started today and the external BTEC exams start next week. The timetables can be found by clicking on the following links:

- [External exam timetable](#)
- [Internal PPEs timetable](#)

It was good to see the students arriving prepared and on time for these initial exams. I have already emailed the year group about their PPEs and the following points may also prove useful for you too.

- Morning exams start at 9am and afternoon exams at 1:30pm. All students must be at the exam room 10 minutes before the scheduled start time
- If you are unable to take a PPE as you are unwell, an email must be sent by your parents to Bev Moore explaining your absence bmoore@nsg.northants.sch.uk
- If you are invited to a university interview at the same time as one of your PPEs see Mrs Barker (Examinations Officer) and she will rearrange the PPE
- Lessons are running as normal when you are not in an exam and must be attended as normal
- Remember to look at the great tips on the Revision Hub and in particular the CALM project: click [here to access the information](#).

Regarding the CALM project, an initiative that we run here at NSG to help students with managing exam anxiety, the infographic at the end of this letter may also prove useful.

The vast majority of the year group have submitted their university application through UCAS; the deadline for applications to UCAS this year is Wednesday 25th January. We are asking that any students who have yet to apply submit their applications to us by Friday 20th January at the latest - this will give us enough time to carry out the internal checks needed before sending. Students who have already sent their applications are in the position of receiving offers or waiting to hear back. If a student has not yet heard from a university they shouldn't worry as some universities are waiting until after the 25th January deadline before they send out offers; this is particularly true for competitive courses at 'high tariff' universities.

Once a student has heard back from all of their choices, they will be in a position to make their firm and insurance choice. This will be covered in more detail in our PSHE sessions after the PPEs; if a student is already in this position they have been asked to come to speak to me if they are unsure what to do regarding their choices.



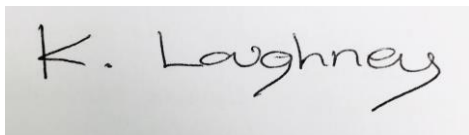
During these PSHE sessions we will also be looking at applications for Student Finance (applications do not open for this until the Spring) along with other financial matters such as budgeting, which will be relevant for all students even if they are not going to university.

For those students not applying to university, I will be contacting them once the university deadline has passed to discuss their future pathway. The following link will take you to a webpage where you can sign up for further information on apprenticeships and universities: [Free Careers Guides for Parents and Carers](#).

Finally, three dates for your diaries:

- Publication of the PPE results: w/c 6th February
- Year 13 Parents Evening (Remotely): Thursday 2nd March
- Second set of PPEs: w/c 13th March

With best wishes,



Mrs Loughney
Head of Year 13



SUPPORTING STUDENTS

HOW CAN I HELP AT HOME?

Tips for a **C.A.L.M.** exam period



FUEL

Healthy food and hydration will give the body and brain the fuel to get through this stressful period. Don't hold back on the treats but use them as rewards or mini motivators alongside healthy meals and snacks



CARE

Stress can be contagious. Take the time to empathise and offer love and support. Try to resist the urge to pressure or 'control'. Ask the simple question 'what can I do to care for you right now?'



HELP

There are lots of things you can do to help:

- 'be the student' allow them to teach you!
- Print out specifications/ help them plan/access the Revision Hub
- Help them organise their notes



PRAISE

Praise the small wins:
'I can see how hard you are working'
'well done today'
'be proud of yourself'
'keep going!'



POSITIVITY

It can be too easy to criticise, especially when we are fearful of someone we love not reaching their potential. Positive words and messages produce positive actions



REST

Encourage rest; they will need it! Nurture a decent bedtime routine to help them unwind and give them permission to not feel guilt when they are not revising

76% of students said they worried about disappointing their families