

ST JOHN PAYNE



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NEWSLETTER APRIL 2025

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Mr Thomas Coen, BA (Hons), PGCE, MA, NPQH*



HEADTEACHER'S COMMENTS



Dear St John Payne Community

Throughout Lent we have prayed for all homeless, refugee & displaced peoples in anticipation of Christ's ultimate sacrifice and Passion, the salvation of his Resurrection and Ascension, and the work of the Holy Spirit as Christ's earliest followers established his church.

We were delighted to welcome Steven Webb to present Catenian cheques to sixth form students volunteering in Lourdes at Easter. These funds afford our wonderful students the faith affirming journey of service and witness that always has a profound impact on all involved.

Adoration each Thursday continues to draw students and staff together in witness before The Blessed Sacrament, and we are always delighted to welcome our Deanery Priests to celebrate Mass each Friday.

Our Lenten prayer has encompassed school representation at Flame Congress at Wembley's Ovo Arena, and Reconciliation in school for upwards of three hundred students. Last night's service was a moving testament to our faith, and it has been nice to gather in witness with the students as each Year group has attended the service today.

We wish our whole community a Holy, happy & restful Easter break, and will look forward to welcoming the students back to school on our return.

In Faith,

God Bless.

Mr T. Coen
Headteacher

CHAPLAINCY FAITH LIFE



As a community we come together to pray for the Holy Father to make a swift recovery. Students prayed for our loving Pope during adoration on Thursdays at lunchtime in the Chapel.

Many students have attended form Mass' on a Friday throughout this half term, with reconciliation being held for students seeking this healing sacrament. As always, we thank our wonderful deanery priests – without them, the source and summit of our faith would not be possible.

11 of our wonderful Year 12 students will be journeying on pilgrimage to Lourdes over Easter – they are helping many children with complex needs, creating life long memories for all involved. They will give up a week to serve those most in need. We are so proud of them and wish them all well: Franci, Amy, Lyla, Avni, Carys, Ariana, Joseph, Matthew, Oliver, Arrun & Isaac – we hold you all in our prayers.

On Wednesday evening, our KS3 Faith Ambassadors led a beautiful Lent service, it was both emotive and joyful. The students involved created and delivered the whole service. The theme was Agape, an unconditional love so strong that it held Christ to the cross and not the nails. The singing was beautiful, special thanks to Mr Riches. The readings were delivered with clarity and feeling. This service was then repeated three times on Friday to every member of the SJP community.

"Nails were not enough to hold God and man nailed and fastened on the Cross, had not love held Him there." Saint Catherine of Sienna

I wish the whole community a happy & Holy Easter. May your Easter be bright with the hope and joy of our risen Saviour.

***God bless,
Katy Adams
Lay Chaplain***

Visit from Bishop Alan

On Thursday 13th March, we had the pleasure and privilege of welcoming Bishop Alan Williams into our school. It was an amazing day and the many students involved have not stopped talking about how much they enjoyed the opportunity to speak with Bishop Alan. We started the visit with a questions and answers session, students across the subjects of Religious Studies, Philosophy & ethics, and psychology asked thought provoking questions and Bishop Alan gave us much to think about and take away.

Then some students representing every year group joined together with Bishop Alan and enjoyed a buffet lunch, they were able to chat with the leader of our diocese. Towards the end of the visit, Aoife Purcell presented Bishop Alan with a handmade cross that she had made in her art lessons. It was a wonderful day and everyone thoroughly enjoyed the experience.



Flame

CHAPLAINCY FAITH LIFE

We started the day early, meeting at School. The coaches arrived and we set off for 'Flame 2025'. After 2 hours, we arrived at Wembley Arena and were greeted by what seemed like millions of young people all flocking towards the big arena. We headed in and found our seats. The event began with the music group 'One Hope Project', opening the show with two songs which included a personal favourite of mine: '10,000 Reasons (Bless the Lord).' The uplifting lyrics definitely set the mood for the day. Afterwards, our hosts were introduced, one of which was former St John Payne Head Boy, Father Michael. We were uproarious and so proud to see one of our own representing us on stage.

Soon David Wells began to interview Bear Grylls – He gave his testimony about his Christian faith journey. We also were all gifted his new book, The Greatest Story.

After the break we were greeted by Father Michael who interviewed a man called Isaac, a member of the Brentwood Diocese who has faced much adversity in his life – his faith is strong and he made the whole arena smile with joy. Next to take to the stage was MOBO award-winning rap artist 'Guvna B' with winner of the Voice, Adenike – their talent was awesome and we all enjoyed dancing along.

The final part was simply beautiful. 10,800 young Catholics knelt before adoration. Cardinal Vincent Nichols lead us in prayer, his homily was simply beautiful. "Jesus has his heart engraved with your name, do you have his name in your heart.

It was a pleasure to spend my Saturday with our amazing students, I look forward to the next Flame in 2027!



CHAPLAINCY FAITH LIFE

Pilgrims of Hope

Jubilee 2025

During this half term, pupils in Religious Studies have explored the significance of the Jubilee Year, a special time in the Catholic Church dedicated to renewal, forgiveness, and spiritual growth. As part of their learning, they created their own Holy Doors, inspired by the tradition of passing through a Holy Door into the presence of God, and entering into a deeper relationship with Him. On the inside of their doors, they reflected on what hope means, considering themes of mercy, peace, and new beginnings, and how they can bring hope to others through kindness, faith, and compassion in their daily lives.



Young Vincentians Share the Easter Story on Hospital Radio

During the Autumn term, we were delighted to welcome our local St Vincent de Paul Society (SVP) to speak to Year9 & 10 pupils during an assembly. Following their visit, students were inspired to establish the Saint John Payne Young Vincentians Society, dedicated to supporting those in need within our community.

With a desire to reach those unable to attend church and hear the Easter Story, our Young Vincentians took to the airwaves. On Wednesday, 26th March, they visited the recording studio for Broomfield Hospital to record a special reading of the Easter Story. Students arrived feeling nervous but excited, and unsure of what to expect. They were guided by Eric, the broadcaster, who explained the process and the importance of the Mic Live box. One of the biggest challenges was reading the story in a single take—requiring focus, accuracy, and teamwork.

This recording will be broadcast at 9 a.m. on Easter Sunday on Broomfield Hospital Radio Station. Tune in at www.hrc.org.uk to listen.



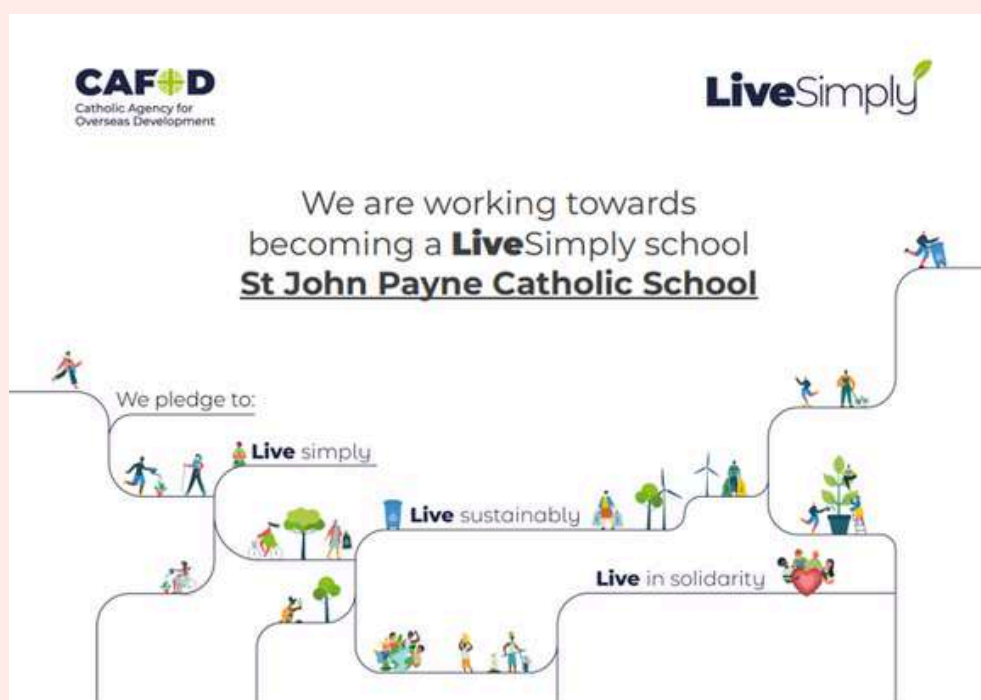
CHAPLAINCY FAITH LIFE



Live Simply Award

We are excited to announce that we are working towards the CAFOD Live Simply Award. An award that recognises of our commitment to living simply, sustainably, and in solidarity with both our local and global communities.

This award, built around nine faith-inspired actions, provides a meaningful opportunity for our school, parish, and local community to come together and make a positive impact on our world. As pupils engage with the teachings of Jesus, Catholic Social Teaching, and Pope Francis' Encyclical Laudato Si', they will continue to reflect on how we can care for our common home. We look forward to sharing and celebrating this journey with you!



CAFOD

Last week, Years 7 and 8 participated in a CAFOD fundraising event. This event was a fantastic show of our students' ingenuity, creativity, and service to others. We had remote control car football, cake sales, a ping pong challenge, and many other exciting and engaging activities.

Thanks to all their efforts, we managed to raise over £240, which will make a significant impact on the lives of those whom CAFOD serves. We can be absolutely certain of the good work that will follow from this event, and we are enormously grateful to our students and their families, without whom this would not have been possible!

Congratulations, everyone—we are all very proud!
Mrs Schluter & Mrs Garland

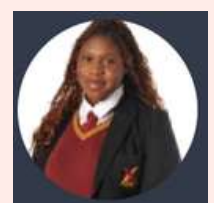
STUDENT AWARDS



Student Awards



	Total Year Group Achievement Points	Highest Form Achievement points	Highest Achievement Points In the Year
Year 7	37,305	7C 9153	Eliza C 7C 464 Achievement Points
Year 8	25,073	8S 6092	Agastya D C 426 Achievement Points
Year 9	22,510	9F 5171	Rio G 9D 353 Achievement Points
Year 10	15,132	10A 2778	Freddie G 10S 380 Achievement Points
Year 11	7,192	11D 1492	Ariel O 11A 304 Achievement Points



Sporting Achievements



Three of our teams proudly represented the **Mid Essex district in the indoor athletics county finals.**

In the morning, our Year 7 boys' and girls' teams competed fiercely against the best from across the county. Their dedication and effort resulted in several winning performances, earning both teams an impressive 2nd place overall.

Yr 7 Girls results
3rd - 247 points
2nd - 252 points (SJP)
1st - 263 points

Yr 7 boys results
3rd - 172 points
2nd - 198 points (SJP)
1st - 210 points



The excitement continued in the afternoon as our Year 8 boys' team took to the stage. Their incredible teamwork and determination led them to victory, securing 1st place overall — a fantastic achievement!

Yr 8 boys results
3rd - 203 points
2nd - 217 points
1st - 246 points (SJP)



Boys PE Update

The boys have had a successful term with regular fixtures and exposure to competition in Football, Rugby and Basketball across all year groups and strong numbers attending our extra-curricular club provision with enthusiasm.

In Football, the Y7 team have won their mini-league and Y8 are in a strong position to do the same with 1 fixture left, and both teams should be proud of their efforts, with promotion to a stronger division next year the challenge.. The teams in Y9, Y10 and Y11 have all played fixtures as well, with the last few remaining games scheduled across the next couple of weeks. Y8 also experienced Futsal, a very different game. and whilst we made an early exit from the Messa competition, the boys gained valuable experience and understanding of the key elements needed to be successful.

In Rugby, the Y8 team have gone unbeaten this year, winning all games at both the sevens tournament at KEGS and the waterfall event as a larger team at Great Baddow school this term, which is a great achievement. The Y7 team also show promise, losing only 1 match at the recent waterfall tournament and winning several other games in previous events, so they are also shaping up to be a formidable outfit next year, with healthy numbers training regularly.

In Basketball, most year groups have continued to play friendly fixtures against other strong schools in the area. Results have been mixed but there have been some notable successes along the way and again the majority of year groups have had regular exposure to high level competition, both home and away, gaining valuable experience which will help them develop. Another strong overall performance for a school of our size, and we are looking forward to taking this progress into our athletics and cricket competitions next term, with hopefully good numbers attending and similar tales of success to come.

Sporting Achievements



Girls PE Update

The under-14 netball team performed exceptionally well recently, reaching the semi-finals of the Essex Cup Plate competition. They had a close game against Brentwood Ursuline—well done to all the players who took part!

All netball rallies have now been completed, with some fantastic results, in particular Y7 winning the Plate competition. All netball, football, and basketball fixtures have been fulfilled. Next term, we are moving on to athletics and rounders. We are excited to begin the summer sports season and look forward to seeing many students at the training sessions for rounders and athletics

Cross country

As the Cross Country Season comes to a close and our attention now turns to Athletics, I just wanted to highlight several successes over the last few weeks.

Firstly, Annabel M in Year 8 ran a brilliant race back in February at the Year 7 and 8 Mid Essex Cross Country Championships and due to her strong finish, she was selected for Essex to run in the Inter Counties event. I had the privilege of driving over to Southend High for Boys to watch her recently and I am happy to say that she ran an awesome race.



Secondly, Joseph D continues to prove his elite level credentials. He is now competing amongst the best in his age group, nationally. Some highlights recently are:

- He represented the English Schools Intermediate Boys Team, where he was part of the winning team, being awarded the Newcastle Trophy for the highest placed 8 runners.
- Competed in the Essex Cross Country League for Chelmsford Athletics Club under 15 boys and coming 3rd place, meaning his team won the event overall.
- Took part in the English National Championships for under 15 boys and came 15th out of 353 runners, which is an unbelievable achievement.
- Travelled to Nottingham for the InterCounty Championships for British Athletics Cross Country Challenge, running a hugely impressive time over 4km of 14.36, qualifying to represent Essex and coming 54th out of 311 runners.

Sporting Achievements



Ultimate Frisbee at Junior Indoor Nationals

The Ultimate Frisbee teams competed at Junior Indoor Nationals the weekend of the 8th – 9th March. This high level of competition against teams from across the country was a fantastic opportunity for them to play some competitive Frisbee. Both teams played excellently, beating their seeds, with the u14's coming 15th and the u17's coming 20th having both won 4 of their 8 matches across the weekend.



Ultimate Frisbee is a non-contact sport where your goal is to catch the disc in the endzone, but when you have control of the disc you can't move. Each point only 5 players can be on the pitch, meaning the u14's played every single point all weekend which is a fantastic achievement. When playing Ultimate, sportsmanship and kind competitiveness is key. All students engaged positively with this, handling discussion well and playing some really lovely Ultimate.

Mrs Machin

Panathlon and Leadership opportunities at SJP

It has been an incredible experience working closely with the Panathlon charity. Through this partnership, we have been given fantastic leadership opportunities, with all our sports captains from Year 7 to Year 10 invited to participate in various ways.

Panathlon has also made it possible for us to run our own Xtend competition, ensuring that all students have the chance to engage in a positive experience during their time at school. We are delighted that Panathlon has recently published an article recognising the outstanding leadership work taking place at SJP. We look forward to continuing this collaboration and creating even more opportunities for our students to thrive in sports and leadership.

Mrs Watson



<https://panathlon.com/growth-in-character-confidence-and-capability-exciting-xtend-events-in-essex/>

Community



Super league Netball Trip

On Friday, our students had the exciting opportunity to attend a Super league Netball match between London Pulse and London Mavericks. The students were all eagerly anticipating the match, and they were not disappointed!

The game saw London Pulse securing a well-deserved victory. Our students were on the edge of their seats the entire time, fully immersed in the high-energy action. It was an incredible learning experience. The students got to witness top-level netball and gain a deeper understanding of the sport. We would like to thank everyone involved in making this trip possible and look forward to more opportunities like this in the future.



STUDENT SPOTLIGHT





Term 2b 2024-25

There is nothing complicated about learning languages, but it takes hard work.

These students have showed particular grit, resilience, curiosity and effort in embedding French/German knowledge into their long-term memory. They will have a very strong start to the final term in French and German because they have not given up and have continued to ask questions and check their memory week in, week out.

Year 7 French	Year 8 French	Year 8 German	Year 9 French	Year 9 German
Kelsey L (7A)	Adrian (8A)	Annmiya D (8B)	Stephanie R (9B)	Cian D (9A)
Declan T (7B)	Olive M (8S)	Elsie C (8C)	Alexander J (9C)	James O (9F)
Regina L (7C)	Scarlett D (8B)	Toby O (8S)	Luiza K (9F)	Stephanie R (9 B)
Oliver G (7F)	Ivy J (8C)	Lennon G (8B)	Noah G (9A)	Jonathan B (9C)
Robert B (FS)	Shani L (8S)	Dylan M (8F)	Tiffany W (9S)	Sophia A-M (9S)

Moreover, SJP Top Linguastars are chosen amongst all others for their excellence.

Francesca G (7D) always gives her best effort in class and with homework showing fabulous engagement and self-efficacy. An ideal GCSE candidate.

Andrew M (8D) show consistent effort week in week out with great class contribution showing resilience and grit ready to exceed his target grade. An ideal GCSE candidate.

Sanya S (8D) is quietly enthusiastic. She has worked hard to learn new vocabulary and grammar. An ideal GCSE candidate.

Aksa J (9D), despite a late start to ML at SJP, has shown outstanding independence and engagement in extension work. Her resilient attitude in learning back-dated content ready for assessments is commendable. An ideal GCSE candidate.

Beth T (9D) is an extremely gifted linguist who always gives of her best thanks to her hard work in homework and focus on verbs and vocabulary in lessons. An ideal GCSE candidate.

Leonor P (10D) demonstrates excellent inquisitiveness, resilience and willingness to understand GCSE content. A very good understanding of French conjugation of verbs in several tenses due to grit and independence in homework. An ideal A-Level candidate.

Connie W (10S) is a very talented linguist who has produced excellent written and spoken German this term thanks to her perseverance in lessons and in homework. An ideal A-Level candidate.

Nathan O (10S) who has a positive resilient attitude to classwork and homework, has performed well in his term 2 speaking/comprehension assessments. He encourages others, listens well and applies what he learns.

Karol K (11C) has a natural ability to do well in languages due to being bilingual. He pushes himself to include complex structures in his own German, but knows that this takes time and effort. An ideal A-Level candidate.

John W (11C) has worked consistently hard throughout the course. he has shown great resilience and a positive attitude to learning, thus achieving outstanding results. An ideal A-Level candidate.

Ellen S (13A) has a resilient attitude to paper 2 essay writing, thus improving her verb conjugation, thanks to hard work and persistence following mock results.

Lilli O (13F) is pushing herself to include more complex languages and grammatical structures in her own German. Her receptive vocabulary knowledge is improving, as she hones in on better summary skills.

Our Sparx superstars for this half term.



These are the students who have earnt the most XP points over this half term, showing resilience, dedication and outstanding hard work when approaching their maths homework!



Recent DJ Workshops in School: A Resounding Success



Recently, we hosted DJ workshops, offering students a unique and hands-on opportunity to dive into the world of music mixing and production. Led by a professional DJ, these workshops were a hit among students who were eager to learn the art of DJing.

During the sessions, students were introduced to the basics of DJing, including beatmatching, using DJ equipment, and understanding the flow of different music genres. The workshops allowed participants to get comfortable with turntables, mixers, and software, giving them a taste of what it's like to perform live.

The sessions were designed to be interactive, with students practicing mixing songs, creating smooth transitions, and even designing their own short sets. This practical experience not only sparked creativity but also provided valuable insights into the technical side of music performance. The success of these workshops was evident in the enthusiasm and engagement of the students. Many participants walked away inspired. Overall, the workshops proved to be a fantastic way for students to explore music in an exciting, hands-on way while fostering creativity and teamwork.

Health and Social Care trip ARU



On 19th March the Year 10 Health and Social care group went on a trip to Anglia Ruskin University.

The university kindly arranged sessions for us on; public health, social work, midwifery, nursing and operating department practitioners. The sessions were interactive and the students were able to take part in various activities. They also got to see and use the specialist equipment and tools used during operations and procedures.

The day was inspirational for the students and gave them an insight into future careers they might like to pursue.

After the event we received extremely positive feedback as a school from two members of staff at the University, congratulating our students for excellent behaviour and work ethic.

The students were an absolute credit to the school and a joy to take and made us very proud.



Exciting News: New Partnership with Trinity College London

We are thrilled to announce that we are now a registered Trinity College London Centre! This prestigious affiliation marks a significant milestone in our mission to provide top-quality music education. As a registered centre, we will be offering Trinity's internationally recognised graded music exams to our students, helping them to achieve their musical goals with the support of a world-renowned institution.

Our partnership with Trinity College London allows us to further enhance our music provision, providing students with opportunities to showcase their talents and earn certifications that are respected worldwide. We are excited to join forces with one of the leading music examination boards to offer this new dimension to our curriculum and to continue fostering a love of music in our community.

Stay tuned for more updates as we embark on this exciting journey together!

KEY SCHOOL EVENTS



Ski Trip 2025 – Aprica



Our annual ski trip to Aprica was a fantastic success, with 38 Year 11 students enjoying a week of skiing in the stunning Italian Alps. The students made great progress on the slopes while demonstrating excellent behavior throughout the trip. Evenings were filled with fun activities, including bingo, a lively pizzeria night, and the exciting experience of night skiing.



A message from Mr Keylock Support me in the London Marathon!

This April, I will be running the London Marathon to raise money for Crisis, a charity that helps end homelessness across the UK. It's a cause close to my heart, and I'm excited to take on this challenge to make a difference.

I would love your support in this journey! Any donations, no matter how small, will go a long way in helping Crisis continue their vital work. If you're able to sponsor me, I'd be incredibly grateful!

Thank you for your generosity and encouragement as I run for such an important cause.

To sponsor me, please click the link below or scan the QR code above:

https://www.justgiving.com/page/david-keylock-1724091683807?utm_medium=FR&utm_source=CL





Year 12 Work Experience

Final Call: Help Us Find Valuable Year 12 Work Experience Opportunities!

In the previous newsletter, I reached out to you, our valued parents, for your support in finding meaningful and enriching work experience placement opportunities for our year 12 students. I'm very thankful for the responses I have so far had, with many of our students now securing placements, as a direct result of the article.

To remind you our year 12 students have the opportunity to take part in work experience for 5 days the week beginning 23rd June 2025 and we still have a number of aspirational students who have been unable to find placements, mainly due to a lack of family connections in the industry of interest.

For that reason, I'm reaching out to you, for the final time, for your support in finding meaningful and enriching placement opportunities.

If you know of any potential opportunities or have contacts who may be able to offer a placement, please reach out to me at d.hewlett@sjp.essex.sch.uk. You can provide me with the name of the organisation, the nature of the placement, and any relevant details.

By contributing in this way, you're not only helping our students gain real-world experience, but you're also making a positive impact on their future career prospects.

Final Run-Up to A Level and BTEC Exams

As we approach the final stretch of the academic year, our Year 13 students are hard at work preparing for their GCSE, A Level and BTEC exams. With the exam season just around the corner, these next few weeks are crucial in setting the stage for success. Our students are fully dedicated, utilising their study periods effectively and giving their best effort as they focus on achieving their academic goals.

To make the most of their revision time, we are encouraging all Year 13 students to create a weekly revision timetable. This vital tool helps students stay on track and manage their time effectively, ensuring they are focusing on areas that need the most attention. With exams fast approaching, planning allows students to prioritise their revision and break down what can feel like an overwhelming task into manageable chunks. Students are working with their tutor every week in PSHE on this crucial task.



I've seen a fantastic level of dedication, and students are increasingly recognising the importance of a structured approach to revision. Setting aside dedicated time for each subject not only aids in retaining information but also reduces stress, providing a sense of control during this busy period.


I am aware that this time can bring its own set of challenges, especially with exam-related stress. As part of our support for both students and their families, I have included a pamphlet with tips on coping with exam stress. I have also included information for families on the importance of spacing and timing of revision sessions, and finally on the 'interleaving technique', which is an effective revision technique where students switch between topics or subjects during revision, rather than focusing on just one for an extended period. Research has shown that this technique improves retention and understanding by encouraging the brain to make connections between different pieces of information. Encouraging your child to experiment with this method may help them feel more confident as they approach their exams.

These resources are designed to offer practical advice on how to approach revision in a way that is both effective and sustainable and I hope you find them useful in supporting your child. I am confident that our Year 13 students will rise to the challenge and finish their academic journey with pride. Let's keep the momentum going and make these last few weeks count!


Mr Hewlett
Head of Sixth Form

Handling the pressure of external exams

Information for parents and carers



Did you know?




Exam stress can be really challenging, not only for children but for those that live with them. Research shows that having someone to talk to about their work can help. Support from a parent, teacher or friend can help young people share their worries and keep things in perspective.

Survey research has identified that exams are a significant source of stress and worry for pupils in secondary school. In particular, failing important examinations, and the consequences of failing these examinations, are rated as more important than a range of other personal and social worries. (Optimus education)

The NHS highlight that Children and young people who experience stress may:

- worry a lot
- feel tense
- get lots of headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food, or eat more than normal
- not enjoy activities they previously enjoyed
- seem negative and low in their mood
- seem hopeless about the future





The Interleaving technique

Information for parents and carers



Did you know?

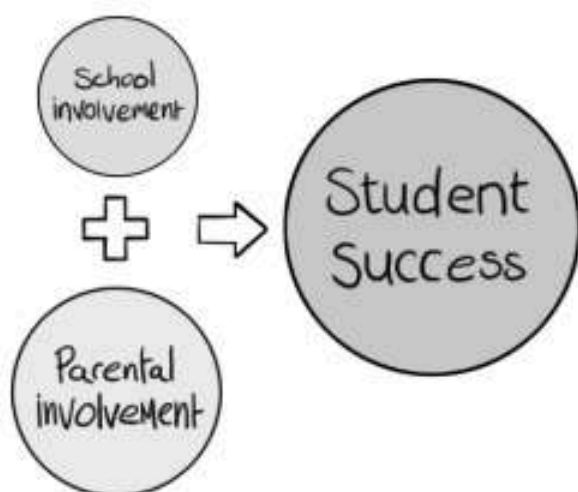
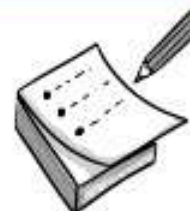


Interleaving is a method used to help students revise and remember more for the exam. It is about what students do with their time when they revise. With the interleaving technique, learning is spread over time, in smaller chunks, rather than dedicating a whole day for one subject or topic.

Research says 'Mixing it up boosts learning' when compared to more traditional methods of block learning where students master one topic before moving on to the next in preparation for exams. Studies have highlighted that students who use interleaving perform better on the examination if the examination was more than one day away.

Evidence highlights that interleaving strengthens memory recall because by revisiting material from each topic several times, in short bursts, students can increase the amount they remember in exams.

What can you do?



Watch this video with your child to understand more about how interleaving works - <https://youtu.be/WbDpYmp8F6o>

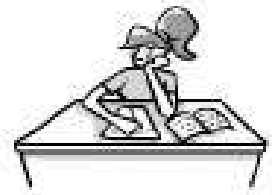
Help your child to decide on the key topics they need to learn for each subject. Work with your child to create a revision timetable which spaces their topics out across a good period of time.

Short bursts of revision are more effective than long sessions so encourage your child to mix topics up and do little and often as quality is better than quantity. Encourage them to take regular breaks in their revision and not to focus on the same topic for a whole day!

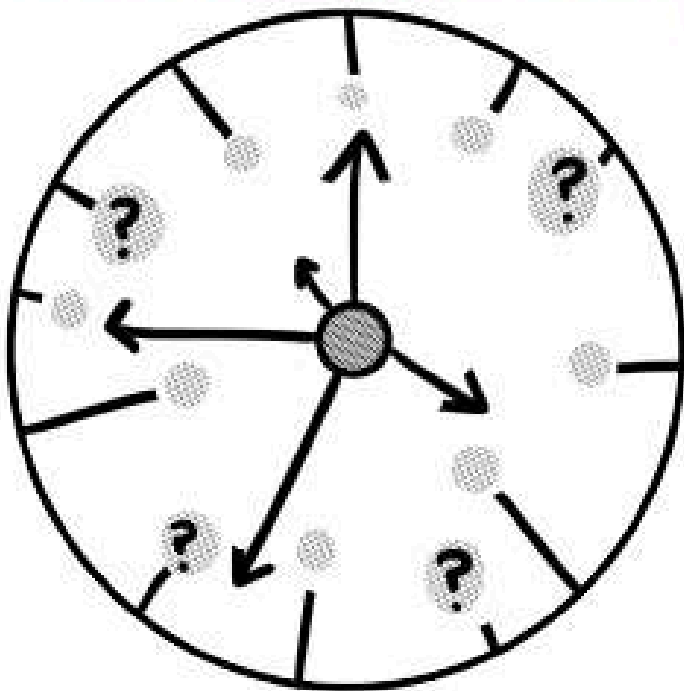


Spacing and Timing of Revision

Information for parents and carers



Did you know?

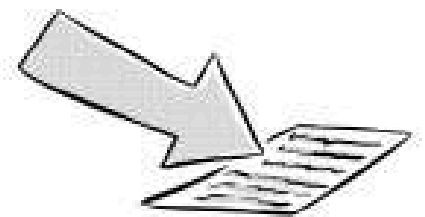


Spacing is a revision technique which is all about spacing revision so students don't get swamped and overwhelmed. It means introducing time intervals into their revision sessions as well as spacing out the days on which they revise for topics.

Research shows that doing something little and often is better than doing it at once, or cramming. For example, revising for eight hours in one day is not as effective as doing one hour of revision for eight days. This is because the time in between revising allows students to forget and re-learn the information, which cements it in their long-term memory.

The 'Spacing Effect' is one of the longest and most enduring findings in cognitive psychology. Research suggests there is an 'optimal gap' between revision sessions for students to retain information. In some studies, using spacing instead of cramming has resulted in a 10% to 30% difference in final test results.

What can you do?



Help your child create a revision plan which maps out what they are going to revise and when. Help them to choose a mixture of subject topics to focus on each day to make sure they are spacing them out.

Encourage them to review information using different revision techniques to help them carry out some 5-10-minute reviews of topics, such as reading through notes, highlighting information or making post-it notes. Students can also transform their learning by doing 30-minute activities, such as writing summary sheets, flash cards or mind maps for topics.

Work with your child to practise testing them on different topics and to help them complete exam questions. Remind your child that five hours of time, spent in smaller chunks and spaced periodically, is a far more effective way to learn something than five hours spent the night before.



Sixth Form



On Thursday 27th March, 47 Sociology, Psychology and Criminology Y12 learners attended Essex University for a range of taster lectures. These lectures included content on the role of victims in the Criminal Justice System, how psychology can be applied to our understanding of Jekyll and Hyde, and the concept of toxic masculinity.

Year 12 learner Alexandra had the following to say about the event.

Visiting the University of Essex was an informative and pleasant experience. The lectures were well-planned, with enthusiastic lecturers who gave us insight on what studying social sciences at University level would be like. We were able to explore interesting topics like psychoanalysis and toxic masculinity in depth, ask questions the lecturers, and talk to current students who go to the University, which gave us a real insight into what it would be like to study there. The campus tour was nice and welcoming, and there was as many facilities you need to live a comfortable life on campus. This was an amazing experience because it helped me and other students have a clearer understanding of university lecture styles, encouraged me to pursue higher education, and allowed me to envision myself in that sort of academic environment.

Alexandra O12B



Sociology and Psychology are offered at both Key Stage 4 and 5

Mr Matthews Head of Sociology and Criminology






PASTORAL CARE, MENTAL HEALTH & WELLBEING

Is your child struggling with difficult thoughts or feelings?
Whether you're a parent, carer, or guardian, it's important that you're able to support the young person in your life – and we're here to help.

Here you will find expert advice and tips, as well as a summary of the mental health support we offer. Some support you may be able to ask to access yourself. This is called self-referral. Other times, a GP, teacher, or social worker will need to request this support for you.

<https://www.barnardos.org.uk/get-support/support-for-parents-and-carers/mental-health/supporting-your-child>

 <p>Looking after a young person's mental wellbeing</p> <p>Looking after our mental wellbeing should be a daily habit. Here are a few tips to help you support the mental wellbeing of the young person in your life.</p> <p>Find out more</p>	 <p>Anxiety in children and young people</p> <p>If your child is feeling anxious, nervous or panicky, it can make day-to-day life difficult. Here are common symptoms of anxiety, simple ways you can help the young person in your life, as well as the services we offer.</p> <p>Find out more</p>	 <p>Depression in children and young people</p> <p>If you're worried that your child is feeling low or struggling with depression, here's our advice on how you can help them, as well as the support we offer.</p> <p>Find out more</p>
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Useful numbers

*Samaritans – 116
123*

NHS – 111

*Mind – 0300
1233393*

*Kooth – Text 85258
Childline – 0800
1111*

*Chelmsford Food
bank – 07512
574542*

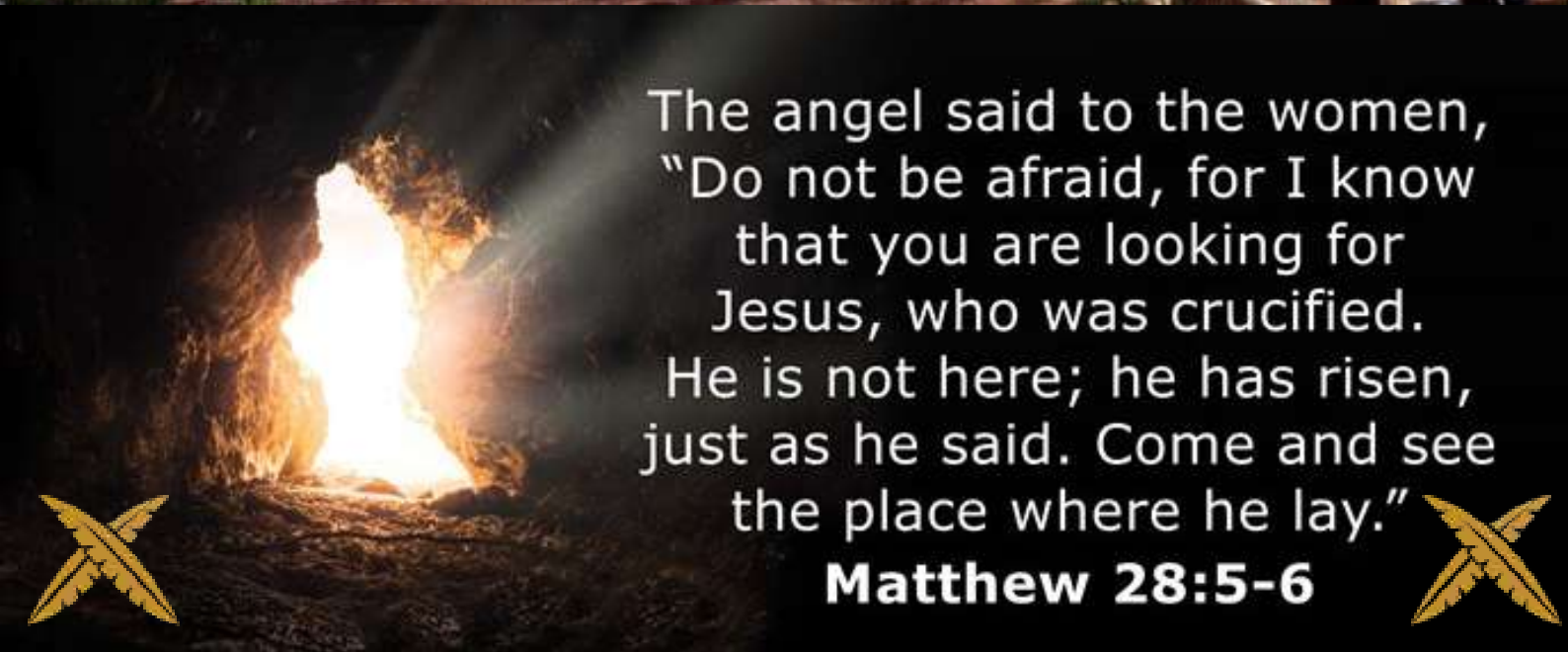
*Papyrus – 0800
0684141*

We shouldn't just look after our mental wellbeing when we're struggling. It should be something we do all the time. That's why it's an important habit to teach children and young people.

Here you can learn more about mental wellbeing, as well as tips and advice you can teach your children so they can become healthier and happier. On top of this, you can also see the services we offer in your area.

Some support you may be able to ask to access yourself. This is called self-referral. Other times, a GP, teacher, or social worker will need to request this support for you.





The angel said to the women,
"Do not be afraid, for I know
that you are looking for
Jesus, who was crucified.
He is not here; he has risen,
just as he said. Come and see
the place where he lay."

Matthew 28:5-6