



Nova Hreod Academy

The best in everyone™

Part of United Learning

17th December 2018

Year 11 – 'Be Prepared' Day

Monday 14th January 2019

Dear Parents and Carers

On Monday 14th January, students in Years 7-10 will be involved in an Achievement Review Day at Nova when they attend school with their parents/carers to meet with their House Tutor. Students in Year 11 will have two subject parents' evenings this year, so they are not included in the Achievement Review Day.

Instead, our cluster school, Swindon Academy have kindly agreed to host Year 11 for a 'Be Prepared' Day. The focus will be on supporting Year 11 to further develop the right mindset for their GCSEs, to prepare them for Post 16 studies and get them ready for university and work in the future.

During the morning, our Year 11 students will take part in a programme which aims to support in coping better under exam day pressure. They will look at what happens in the brain during exams and be given real-time techniques about how to be in total control in an exam simulation workshop.

Three reasons why Year 11 need this workshop:

- 96% of Year 11s nationally say that they feel anxious about exams
- 59% of Year 11s nationally say that they feel under pressure from parents to do well
- 14% of Year 11s nationally say that they have tried alcohol to deal with the anxiety

This will be followed by a dedicated careers session when students can use the latest software to explore careers options and university courses. Research has shown that having a goal helps to motivate students, so we feel that this will be an invaluable session.

Finally, pupils will take part in three workshops which will give them another opportunity to experience the sort of lessons and learning they will enjoy when they leave Nova. There will be a range of academic and vocational taster lessons on offer.

Pupils should arrive at Nova at the usual time of 8.20am on Monday 14th January. They will take part in roll call and then travel to Swindon Academy by coach. During the day, a snack will be provided at breaktime, and a hot meal will be provided at lunchtime, which will both be free of charge. Pupils may, of course, bring their own packed lunch if they prefer. The coach will return to Nova at approximately 3.00pm. Pupils should wear full school uniform.

This event is part of our Year 11 careers and guidance programme. Pupils will receive their morning attendance mark when they register at 8.20am and their afternoon registration mark will be taken at Swindon Academy.

Your sincerely

Nick Wells
Headteacher

Headteacher: Nick Wells

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