

Parent E-Bulletin – Summer Term Week Commencing 29th April 2024

Exam Stress - Useful Resources

We are aware that exams have the potential to exacerbate feelings of anxiety and stress amongst young people. That is why it's important that whilst pupils should be encouraged to work hard, this should not be at the expense of their wellbeing.

There is a range of advice and guidance for students and parents to help alleviate or lessen the anxiety they have about sitting exams, including:

- NHS Help your child beat exam stress
- Anna Freud: How to identify the signs of academic stress, and ways to help
- Student Minds resources, tips and blogs about exam stress
- Ofqual: Coping with exam pressure a guide for students

Mrs E Bradbury Deputy Headteacher

Month of the Military Child

At Upton-By-Chester we are very proud of our links with the Armed Forces. This summer sees a battalion move, with a number of our learners moving to new schools and new areas. We wish them and their families the very best of luck. Enjoy your last term with us. If any families due to move need any support from the schools Service Learner mentor, please get in touch bassettd@uptonhigh.co.uk

DANDELION POEM

Dandelions put down roots almost anywhere,
They are hardy and upright,
A survivor in a broad range of climates.

Military children bloom everywhere the winds carry them, They are well-rounded, culturally aware, tolerant and extremely resilient.

Dandelions and Military Children are ready to fly in the breezes that take them... to new adventures, new lands and new friends.

They learn that to survive means to adapt, That when one door closes another door opens.

Their roots are strong, cultivated deep in the Armed Forces, planted swiftly and surely.

Military children know that home is where their hearts are,

April is the Month of the Military Child

The official flower of the military child is the dandelion because it's seeds are blown far and wide by the wind but it will always plant roots and blossom wherever it lands.

Mrs D Bassett Service Learner Mentor

Aspens



Careers and Next Steps

Click on the link below to see the latest information

https://docs.google.com/document/d/1ab57VM41x7_yzr0Q19PUj0r4KoWn--X2iSfZR7KI_yc/edit?usp=sharing

Information Shared via External Partners

Girls ETC Trials - Chester FC

Our Chester FC Girls' Emerging Talent Centre trials for 2024/25 have been announced and registration is now open!

The ETC provides training and games for talented female players at U10s, U12s and U14s.

Register — Chester FC Girls ETC Expression of Interest Form (jotform.com)

Also, we are doing an Under 16's group as well, if anyone wants more information for that age group, please email me on:

kalvin.williams@chesterfc.com

Any questions please email me!

Thank you,



Residential available to service learners with parents in the armed forces only:



Army Welfare Communitye Support



A grand old country house, YHA Edale Activity Centre is one of the highest residences in the Peak District and has a view to match. With the Great Ridge between Lose Hill and Mam Tor to the south and the Dark Peak moorland of the Kinder plateau to the north, YHA Edale Activity Centre is surrounded by stunning scenery. Walkers will enjoy the numerous footpaths into the hills, dales and moors. With fantastic facilities, experienced staff and proximity to peerless natural

wonders perfect for enjoying everything from saving to canoeing.

Edale is best placed to offer incredible activity adventures in the great outdoors. Activities include • • Icebreakers • • Hill walk • • Treasure Hunt • • Absell • • Weasel • • Problem Solve • • Canoe • • High Ropes

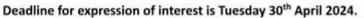
YHA Residential $5^{th} - 9^{th}$ August 2024

AGE 8-16 £25 per person

Expression of Interest for Summer Residential to Edale, Peak District, 5-9th August 2024



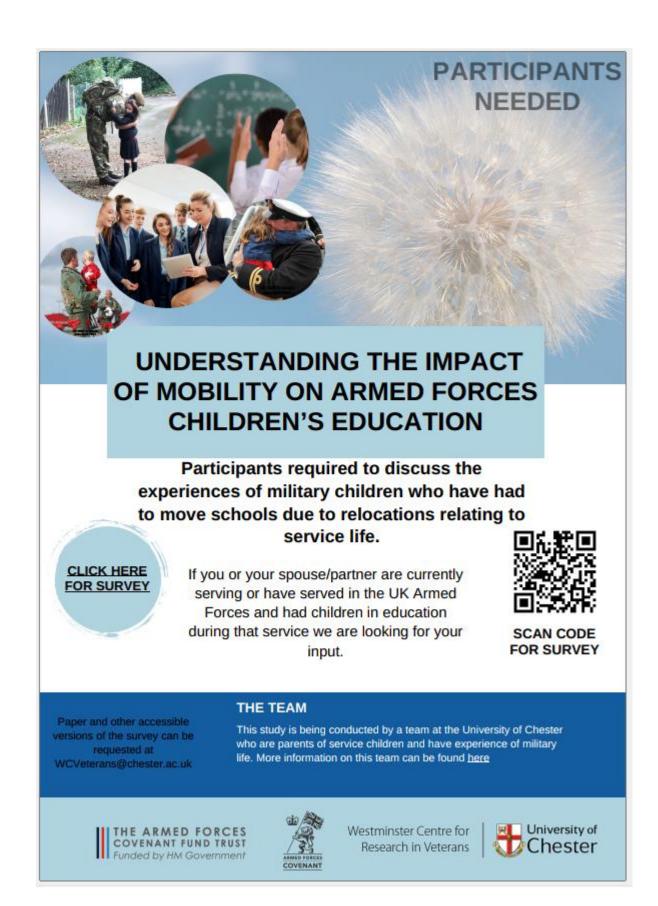




Allocation of places is by ballot and parents will be notified of outcome by Friday 17th May 2024 via email from your CDW.

For further information please contact your CDW.





The Westminster Centre for Research in Veterans at the University of Chester is conducting research into military children's transitions in education. The aim of this project is to investigate and highlight the educational risks and benefits associated with military children moving between schools. To take part in the research please follow the link below or scan the QR code on the poster above.

https://survey.guestionstar.com/f3f23e24