



## 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](mailto: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,  
That a good friend can be found in every corner of the world.



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



**John Dory GETS Loaded!**

Loaded Chips are here with tastes from far and near...

**Come and Choose your Favourite Combo!**

**WE'VE GOT THEM COVERED... IN LOTS OF GOOD STUFF!**

Aspens

**John Dory GETS Loaded!**

Friday 3<sup>rd</sup> May

- Hand Battered Fish & Frickle with Chips £2.05
- JD Loaded Chips, Cheese, BBQ Sauce, Crispy Onion Bits & Jalapenos £2.05
- Battered Saveloy with Chips £2.05
- Chicken Nuggets with Chips £2.05
- Fish Finger & Lemon Mayo Bap with Chips £2.05
- £2.70 Meal Deal

Sides

- Katsu Curry sauce
- Gravy
- Baked Beans
- Gravy
- 45p

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

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## 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 \(jotform.com\)](https://www.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](mailto:kalvin.williams@chesterfc.com)

Any questions please email me!

Thank you,



The poster is a vertical layout with a dark blue background. On the left side, there are three stacked event cards. The top card is for 'Cheshire Kids Fun Duathlon Run-Bike-Run' on 18th May 2024, for ages 5-16, at Barony Park, Nantwich, South Cheshire. The middle card is for 'Alderford Kids Fun Triathlon Swim-Bike-Run' on 15th June 2024, for ages 7-16, at Alderford Lake, Whitchurch, Shropshire. The bottom card is for 'North West Kids Fun Duathlon Run-Bike-Run' on 21st Sept 2024, for ages 5-16, at Barony Park, Nantwich, South Cheshire. At the bottom left, there are logos for Cancer Research UK and NSPCC, with text 'FOR MORE INFORMATION & ONLINE BOOKING VISIT UKTRIATHLON.CO.UK'. The right side of the poster features a large blue banner with white text: 'OVER 1900 PARTICIPANTS IN 2023', 'UKTRIATHLON.CO.UK', 'FUN MULTI SPORT EVENTS FOR KIDS', and 'RUN - BIKE - RUN & SWIM - BIKE - RUN'. Below this is a photo of three children participating in the events: a girl running, a boy on a bicycle, and another boy running. At the bottom right, there is a list of six bullet points describing the events.

**Cheshire KIDS**  
**FUN DUATHLON**  
**RUN-BIKE-RUN**  
FOR ALL ABILITIES AGES 5-16 YRS  
18TH MAY 2024  
BARONY PARK, NANTWICH, SOUTH CHESHIRE  
FLAT GRASS RUN AND CYCLE COURSES

**Alderford KIDS**  
**FUN TRIATHLON**  
**SWIM-BIKE-RUN**  
It's back!  
FOR ALL ABILITIES AGES 7-16 YRS  
15TH JUNE 2024  
ALDERFORD LAKE, WHITCHURCH, SHROPSHIRE  
OPEN WATER SWIM, FLAT GRASS BIKE AND RUN COURSES

**North West KIDS**  
**FUN DUATHLON**  
**RUN - BIKE - RUN**  
FOR ALL ABILITIES AGES 5-16 YRS  
21ST SEPT 2024  
BARONY PARK, NANTWICH, SOUTH CHESHIRE  
FLAT GRASS CYCLE AND RUN COURSES

CANCER RESEARCH UK  
NSPCC  
FOR MORE INFORMATION & ONLINE BOOKING VISIT [UKTRIATHLON.CO.UK](http://UKTRIATHLON.CO.UK)

OVER 1900 PARTICIPANTS IN 2023  
[UKTRIATHLON.CO.UK](http://UKTRIATHLON.CO.UK)  
**FUN MULTI SPORT EVENTS FOR KIDS**  
**RUN - BIKE - RUN & SWIM - BIKE - RUN**  
FANTASTIC KIDS FINISHERS MEDAL FOR ALL FINISHERS

- ✓ FUN EVENTS DESIGNED FOR KIDS
- ✓ 6 DISTANCES TO CHOOSE FROM
- ✓ SAFE ALL GRASS RUN & BIKE COURSES
- ✓ TAKE PART FOR YOUR CHOSEN CHARITY
- ✓ EVENT ENTRY FROM £18
- ✓ NON COMPETITIVE TIMED EVENTS
- ✓ TAKE PART ON YOUR OWN OR AS PART OF
- ✓ A FUN TEAM OF TWO OR THREE

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



# Army Welfare Service Community Support



## YHA Residential 5<sup>th</sup> – 9<sup>th</sup> August 2024

AGE 8-16

£25 per person

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

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



Deadline for expression of interest is Tuesday 30<sup>th</sup> April 2024.

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

For further information please contact your CDW.

**PARTICIPANTS  
NEEDED**



## **UNDERSTANDING THE IMPACT OF MOBILITY ON ARMED FORCES CHILDREN'S EDUCATION**

**Participants required to discuss the  
experiences of military children who have had  
to move schools due to relocations relating to  
service life.**

**[CLICK HERE  
FOR SURVEY](#)**

If you or your spouse/partner are currently serving or have served in the UK Armed Forces and had children in education during that service we are looking for your input.



**SCAN CODE  
FOR SURVEY**

Paper and other accessible versions of the survey can be requested at [WCVeterans@chester.ac.uk](mailto:WCVeterans@chester.ac.uk)

### **THE TEAM**

This study is being conducted by a team at the University of Chester who are parents of service children and have experience of military life. More information on this team can be found [here](#)

**THE ARMED FORCES  
COVENANT FUND TRUST**  
Funded by HM Government



Westminster Centre for  
Research in Veterans

 **University of  
Chester**

*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.questionstar.com/f3f23e24>