

Dear Parents and Carers

As the exam season approaches, we understand that stress levels and anxiety that students and families feel, can rise.

For our students, the GCSEs are probably the single most important exams that they have faced. For us in school, we support students annually in this journey and we will continue to do everything we can to alleviate the stresses.

We would be expecting students to be focusing on revision at home, and the volume of revision completed, to be increasing over the coming weeks. Students can attend session 6, most nights in school, to aid with this and will be supported to complete revision and past practice papers in class. There are lots of simple tips and tricks mentioned in the section below, that will aid with retaining knowledge and building confidence. Overwhelmingly, in our experience, the stresses students feel are reduced when they begin to feel more confident about the content they have learnt. Also important during this period, is finding time for rest and relaxation. Research indicates that a good balanced diet and plenty of sleep will result in more knowledge being retained. All of our pastoral team, including form tutors are willing to support and can be contacted if necessary.

Mr Jim Taylor  
Deputy Head Teacher



## REMINDERS & NOTICES



### The Big Health and Wellbeing Conversation

Local residents are being encouraged to have their say to improve local health and care services, and to get involved by attending upcoming public meetings, as part of the Big Health and Wellbeing Conversation.

The Big Health and Wellbeing Conversation aims to understand local views on what is affecting their health and wellbeing, what is working well and what things would make the biggest difference to improve experiences of local health and care services. The feedback gathered at these events will help NHS Shropshire, Telford and Wrekin develop its future plans and shape our local NHS.

Local residents can give their feedback by attending one of the events taking place across Shropshire, Telford and Wrekin during March and May 2023.

Find out more about The Big Health and Wellbeing Conversation and when the public meetings are taking place, click [here](#).

### Exam Top Tips

Please feel free to access some useful tips for exam times. Tips 5 and 6 can be viewed by clicking the below link.

[Parent Top Tip 13 - Keeping Active during Revision](#)

[Parent Top Tip 14 - Night Before Exam Preparation](#)



### S4T

Shrewsbury Academy have been successful in securing a £500 grant from Shrewsbury Town Council for the S4T project. This money will be used to buy provisions for the scheme which provides families with food each week. If you are interested in receiving a bag of food, please email [rachel.powel@shr.mmat.co.uk](mailto:rachel.powel@shr.mmat.co.uk) or ask your child to come to the Raise Room at the end of the school day.

### Purple Leaf

As part of our Relationships and Sex Education curriculum, Purple Leaf have visited the school to deliver sessions to our Year 9 students on Consent and Healthy relationships. The feedback from the students and staff attending the sessions has been really positive and we look forward to the next session, happening on Wednesday 29<sup>th</sup> March.



### HAF

Shropshire HAF (Holiday Activities and Food) managed by Shropshire Council is an exciting programme of holiday activities. Please click on the attached link to see what they have to offer for the Easter break.

<https://www.youtube.com/watch?v=Klv9b8GV5dQ>

### Arbor App – Messaging

A reminder to parents/carers that our Arbor app has a variety of different and important features for communicating, both to and from the Academy. Although, we will continue to use the SMS feature for immediate communications, Shrewsbury Academy are working to become a more sustainable school, with our communication to parents being mostly via our Arbor In-app messaging service. We would invite you to download the free Arbor app via your mobile device store for ease of use. The enabling of push notifications will also help you keep abreast of communications coming out from the Academy.

### Free School Meals over the Easter holidays

This is to advise that Shrewsbury Academy alongside Shropshire Council will be providing FSM vouchers during the school holidays at Easter (for benefits related FSM pupils) which will be for £30 per pupil. Orders for Easter will be placed W/C 27 March 2023 and will be sent to parents no later than Friday 30<sup>th</sup> March 2023. There will also be the addition of the three strike days included in this.

If there are any questions surrounding free school meals, please contact Nick Parkin, Operations Manager.



## UPCOMING EVENTS

Click [here](#) to view our upcoming events.

- 8<sup>th</sup> April – Ski Trip
- 31<sup>st</sup> March – 14<sup>th</sup> April Easter Holidays
- 17<sup>th</sup> April – Summer Term commences
- 24<sup>th</sup> April – Internal Exam Week

Click [here](#) to view our term dates

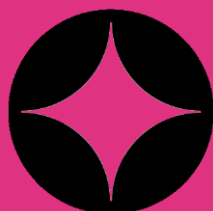


## NEWS

Click [here](#) to view our latest news articles.

Why not also follow us on Facebook @[ShrewsburyAcademy](#) for a wealth of content, from student, staff and school celebrations, to competitions. We encourage you to get interactive with our posts!

To hear about news from across the Trust, why not also follow @[MarchesAcademyTrust](#).



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