



# ST CLEMENT'S HIGH SCHOOL

West Norfolk  
Academies Trust

## Spring Term 2025



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# A Note from the Headteacher

The end of the Spring Term has brought better weather and an air of excitement as we enter the Easter Holiday. The final day of term has the much anticipated Alton Towers trip to reward Year 11 for all their hard work. The early start and a long day hasn't seemed to dampen anyone's spirits and the break from revision is well deserved before they plunge into the Easter holiday masterclass programme.

This year the Rotary Club kindly donated a Giant 2kg Easter Egg, year 7 could hardly contain their excitement in assembly as the recipient of the Student of the Week Award stepped up to make the draw. The winner was a year 8 student who was extremely pleased and can be seen later in the newsletter. Our student council will consider how best to use the funds raised in the new term. I'm extremely grateful to the Rotary Club for this kind donation.



The end of a term can sometimes mean we say goodbye to colleagues. This term we say farewell to Mr Murkin who joined us briefly to help cover a maternity leave. After a long career in teaching he leaves to pursue new adventures. I'm very grateful for all his hard work and I know he will be missed by students and staff.

Year 10 have started their first pre-public exams, using the formal setting of the exam hall for the first time. They have taken the process very seriously and we have been delighted with the way they have organised themselves and handled the pressures of this milestone. It puts them in a strong position for Year 11. Thank you to all the parents who attended the launch of Work Experience. Once a regular part of the school calendar, Work Experience ended some years ago when costs became too high and the pressure on curriculum time proved too great. Recent Government guidelines now place a clear expectation that all schools will offer experience of work in some form. Ideally students will go out and spend time in a work setting, however if this is not possible students will complete online work experience. Students and families are required to find their own placements and we appreciate this is not easy, however we have been very impressed by the high number of students who have already organised their experience.

The run up to Easter brought great excitement in the Hive as Mrs Chappell oversaw the hatching of our chicks for the second year. Students and staff were keen to monitor the progress of the eggs and were thrilled that all chicks successfully hatched and were healthy. Once again we were stunned by how quickly they grew. Once again this year the chicks have been homed with a local family, our thanks go to them for offering a new home.

I was extremely proud of the students who visited Terrington Lodge to read to the residents. From the feedback we received it was clear the residents had really enjoyed the visit. I met with the students involved and they had clearly learnt a great deal from spending time with other people. They recounted some of the stories they heard and explained how much they gained from the experience.

I hope you all have a great Easter break and we look forward

To seeing everyone back in school on Wednesday 24th April for the start of the summer term.

Mr N. K. Willingham

# The Library



Could you spare an hour or even two a **fortnight? We're looking for volunteers** to join our *volunteer adult readers* group.

It involves listening to a student or two read to you. You would be meeting the student on a weekly or fortnightly basis in the school library. You can give advice on choosing the right kind of book, listen to them read a chapter or two and where possible, ask them a few questions about the story to check understanding.

We provide full training and we fund the necessary DBS check that is needed.

**We know a lot of students don't read for pleasure** and sometimes the only time they read (something other than their phone!) is when they are at school and **then it is often reluctantly. We've found** that the students build a relationship with their volunteer and actually begin

to look forward to their sessions reading.

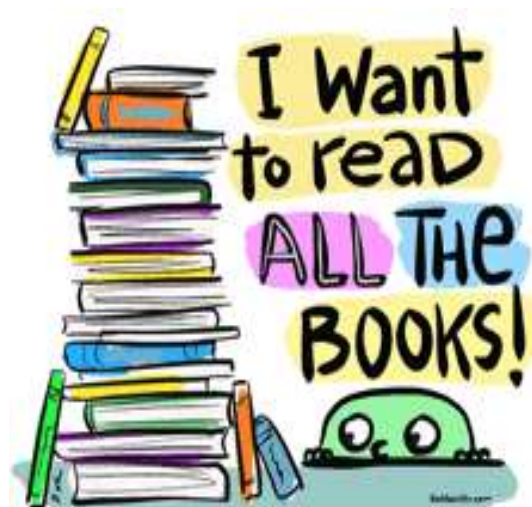
If you can help in any way, please

contact:

[r.raffan@stclementshigh.org.uk](mailto:r.raffan@stclementshigh.org.uk)

[j.ford@stclementshigh.org.uk](mailto:j.ford@stclementshigh.org.uk)

School Librarians



# The Library

## OVERDUE BOOKS



**The school library currently has over 350 school books which are overdue. When you have some spare time, can you please have a look at home.**

**It doesn't matter how late they are, we will just be pleased to have them back!!**

**We're always on the look out for more books.** If you have any laying around **gathering dust, we'll happily take them** off your hands.

They need to be of appropriate age range (11-16) and in good condition.

We also really need some decorations for the library. If you have anything that would help us out with the following themes, we would be very grateful.

The sort of things we are looking for are:

- Horror section—Scary Halloween type decorations

- Fantasy theme—Harry Potter or wizardly items
- Mystery theme—Spy or detective
- Humour theme—jokey/funny props

Nothing too big please— we only have a small library.

You or your child/ren can drop the books or items in to the library or contact the school office and ask for the library or email:

[r.raffan@stclementshigh.org.uk](mailto:r.raffan@stclementshigh.org.uk)

Or

[j.ford@stclementshigh.org.uk](mailto:j.ford@stclementshigh.org.uk)

# The Library

We have been really busy in the library this term! Over the next few pages, you will be able to see a few of the excursions we have been on with the students.

Currently, we are celebrating

‘Shakespeare Week’ with lots of displays and posters for the students to look at.

*‘Be not afraid of greatness:  
some are born great, some  
achieve greatness, and some  
have greatness thrust upon  
them’*

William Shakespeare



Last term we ran a competition to write a short story. All of the students that entered were chosen to have their stories published in a book, as you can imagine, they were all overwhelmed. Well Done!!

Look out for more competitions in the near future!!

**Learning Resource Centre**

**Opening Times**

**Monday to Friday: break and  
lunchtimes**

**After school—3.10 to 4.00 pm**

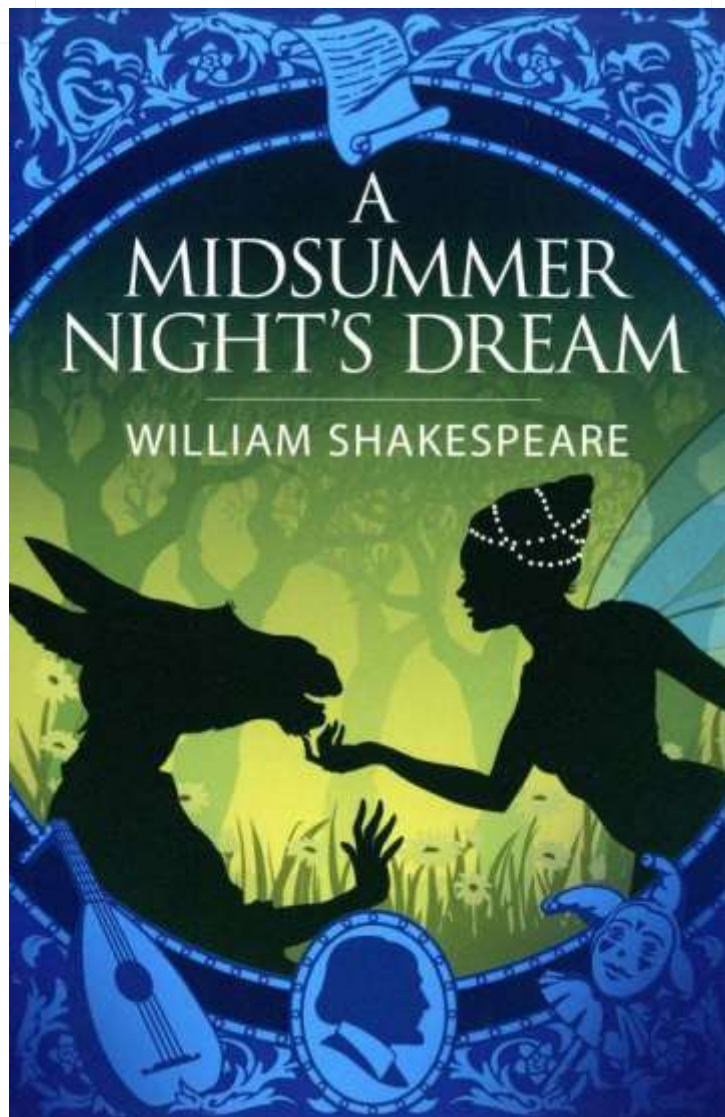
# The Library



## Book of the term

**A Midsummer Nights Dream**

**Recommended by  
Mrs O'Connell  
Teaching Assistant**



# World Book Day

World Book Day

6th March 2025

Some of our year 7 students dressing up for  
WBD!





# World Book Day

Mrs Ford, one of the librarians, took some of the students over to Terrington Primary school to read with children in years 1 and 2 for World Book Day.



# Terrington Lodge visit

We visited the lodge on Tuesday 5th February and the students that volunteered are Ruby Hallifax, Daisy Sayers, Jenna Webb, Fletcher Chilvers, Oliver Fletcher, Anita Brooks and Layten Langley.

The students took up a selection of books that focussed on reminiscing about the past which has been proven to help dementia sufferers. The books were carefully chosen with bright colours, large fonts and interesting subjects. The students read to the residents and chatted about the books and spent time getting to know the residents. The students said it was a really rewarding experience and had given them ideas and more confidence on how to communicate better with elderly family members who suffer with dementia.

The staff at the lodge were really welcoming and we look forward to visiting them again soon. The students were rewarded with an invitation to attend afternoon tea with Mr Willingham to talk about their experience and to thank them for volunteering to read to the residents at Terrington Lodge.



# Terrington Lodge visit



On the 5th February we visited Terrington Lodge to read to the residents. When we arrived we saw 2 of the residents looking out of the window at us looking very excited. When we entered the lodge the residents looked very pleased to see us. I personally read to a lady called Valerie. She told me about her life and her 2 sons. It was a very enjoyable experience talking and reading to the old people. I would definitely do it again.

Ruby H Year 11

# Maths Feast



Mr Brown took 12 students to Springwood to compete in the Year 10 Maths Feast for 2025 against many other local schools.

These students were Jack Carlton, Warren Cooper, William Garnett, Harvey Hall, George Mitchell, Luke Pote, Josh Rolling, Isaiah Solomon, Harry Thornally, Ethan Ward, Alex Waterman and Barnabas Wilson.

The students all performed brilliantly displaying their mathematical thinking through 4 rounds of problem solving based questions.

The team of Jack, George, Ethan and Barnabus (in picture) were awarded for winning Round 2.

# Hope Drama Project



18 Year 9 students took part in 'Hope Trees', a performance project in collaboration with The Garage Trust. After visiting The Garage Theatre in Norwich, watching a performance and attending a workshop, the students then worked for 10 weeks to produce their own dance and drama pieces. These performances portrayed messages about climate change, and our relationship with the natural world, through the medium of physical theatre.

The students then performed their pieces to an audience from school, The Garage and via Zoom to Italy!



# Catering

## Bread dough:

250g strong bread flour (plus 25g–50g extra for kneading)

1 sachet 'quick acting' yeast

½ tsp salt

25g marg or butter

175 mls hand hot water

### Method:

1. Sieve flour and salt into a bowl. Rub in fat. Add a sachet of quick acting yeast. Stir.
2. Carefully measure out HAND HOT water into a jug and pour it all at once into the flour mixture. Stir with a knife or wooden spoon to form a dough. Be careful to make the dough soft and slack at this stage by using hand dipped into water to add more liquid if necessary.
3. Knead dough for FIVE MINUTES. Allow the dough to rest while you prepare topping ingredients.
4. When dough has rested 'knock back' to original size.
5. Use half the dough to make pizza base by rolling it into a neat square or circle (cut round a plate to give a neat shape) Divide remaining dough into 4 even sized pieces and shape rolls.
6. Carefully spread pizza base with pizza sauce.
7. Depending on toppings used (dry ingredients like mushrooms and onion need to be under the cheese) arrange cheese and toppings neatly on base.

8. Allow to 'prove' i.e. rise ON TOP of a warm oven or IN HEAT of room.

9. Bake for 20 mins Gas 6 or 7 200° C to 210° C until the cheese is melted and the base is firm to touch.



Some of our year 10 students enjoying their pizzas!



# Catering



Some of our other students enjoying their catering lessons.



# Austria Ski Trip

On 14th February, students and staff from St Clements High school headed to Austria skiing, travelling by coach and ferry.

They stayed in Radstadt, where they were only a short walk from the slopes. Students spent the first few days in Radstadt and then headed to the resort of Zauchensee for a few days as their skiing skills progressed to a higher level.

In the evenings student got to ride the gravity rollercoaster, experience an Austrian evening that included tobogganing and watched an Ice Hockey match. The final evening was spent at the disco. A great time was had by all!





# Austria Ski Trip



# Austria Ski Trip



# Chocolate Muffins Recipe

1. Put on an apron & wash hands.
2. Sanitise work surface.
3. Preheat oven to 200oC or Gas mark 6
4. Weigh ingredients carefully
5. Place paper cases into baking tins
6. Mix together the flour, sugar, and baking powder in a mixing bowl
7. In a measuring jug - beat the eggs, add the oil and milk.
8. Pour the wet ingredients into the dry.
9. Stir 20 times until combined.
10. Then add the chocolate chips
11. Pour the mixture back into the jug.
12. Spoon the mixture into paper cases.
13. Bake for 20 mins.
14. Wash- up, tidy up and return equipment

## Ingredients -

75g fruit or choc chips,  
155g self raising flour,  
75g caster sugar,  
½ tsp baking powder,  
45 ml sunflower oil,  
1 egg,  
110ml milk,  
Plus 6 muffin cases



## Tips....

Do not over mix the muffins or they will be tough.

Do not open the oven door when your muffins are cooking or they will sink.

Make sure you return the equipment to where you found it.

# Double Victory for DT Teams

## Double Victory at the annual Rotary Club Design and Technology Competition

Three teams from our school recently participated in the Rotary Club Design and Technology Competition, showcasing their innovation and engineering skills. Two teams represented Key Stage 3 (KS3), while one team competed at Key Stage 4 (KS4). The KS3 students decided to divide into a boys' team and a girls' team, fostering a friendly yet competitive spirit.

The KS3 boys' team consisted of Wiktor Gawlas, Daniel Norman, Finley Whitehouse, and Harry Chapman, while the KS3 girls' team was made up of Bella Hubbard, Imogen Morton, Shai Williams, and Poppy Knowles. The KS4 team featured Charlotte Auker, Georgina Mallett, Oliver Emerson, and Ethan Ward.

This year's challenge was to design and build a space capsule launcher capable of firing a capsule directly upwards, aiming for a target height of three meters. However, the competition was about more than just the final product. Teams were also required to create a portfolio documenting their design process and a log of the decisions they made along the way. The judges assessed not only the functionality of the final launcher but also the quality of the portfolios, teamwork, and problem-solving skills demonstrated throughout the challenge.

After a day of intense competition, the KS3 girls' team emerged victorious in their category, impressing the judges with their effective design and precise execution. Their hard work and ingenuity earned them a well-deserved trophy. Meanwhile, the KS4 team also demonstrated outstanding engineering prowess, taking home the top prize in their category and securing a second trophy for the school.

Reflecting on their experience, Shai Williams and Imogen Morton shared their thoughts: *"We were definitely nervous beforehand as we had never done this before, but after we arrived and got going it definitely got better. The task we got was to build a launcher, at first we found it really hard, but after a talk with each other we got an idea and worked through the challenge. We definitely had a few hiccups throughout the day as our model broke halfway through, but we persevered and fixed our model so when it was time our launcher worked perfectly and matched all the requirements they gave. We won the KS3 competition!!! It was a great day, we all definitely learnt some skills and made some great memories!!"*

KS4 team member Oliver Emerson also shared his experience: *"I enjoyed the Rotary competition because it was something I had never got the opportunity to do before. It was a very unique day. I enjoyed the making and testing part the most because it was fun trying to solve the problems that occurred. All the staff there were very friendly, and I enjoyed working in a team to create our final design—a design that won the competition! I never expected our launcher to work so well, so when the ball shot up I was shocked. Overall, it was a great day, and I would do it again if I could."*

Georgina Mallett, another member of the KS4 team, added: *"I enjoyed the day as it was fun to have a challenge and try something different to set work. I liked the fact that there were many different aspects to the challenge so that everyone was able to participate in their area of expertise."*

The competition provided an invaluable experience for all participants, allowing them to develop problem-solving skills and apply their classroom knowledge to real-world challenges. We are incredibly proud of all three teams for their dedication and achievements. Congratulations to our winning teams, and we look forward to more success in future competitions!

# Design and Technology

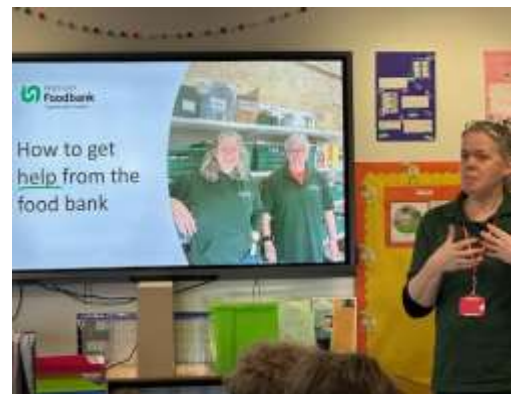


# Adsan

One of our ASDAN tasks is to learn about organisations within our community and issues that affect people in our local area. Year 10 are focusing on the issue of food poverty so we invited Helen Gilbert, manager of King's Lynn food bank, in to speak to us about the work they do to support local people.

Helen explained the reasons people may need to use the food bank and how it can be accessed. We learned that they provide food for 600-650 people every month. We found out the items that are included in emergency food parcels, where the food comes from and how it is distributed. Helen told us about the other forms of support and advice they give to help people. We learned about the 'Bank the Food' app which tells you where to donate and what is needed most. Our students were really engaged and asked some thoughtful questions.

Two year 11 students, Lexi and Gracey, previously organised a bake sale which raised £67. The girls made a certificate and we presented this to Helen at the end of her visit.



# News from the Hive

## **A Cracking Success: St Clement's Chicks Hatch!**

Excitement, anticipation, and a touch of wonder filled the air at St Clement's High School as we eagerly awaited the arrival of our newest little members – 11 fluffy chicks! We are thrilled to announce that all 11 eggs successfully hatched, bringing joy and excitement to our pupils and the wider school community.

The hatching process was an incredible learning experience for everyone involved. Pupils had the unique opportunity to observe the chicks emerging from their shells, witnessing firsthand the miracle of new life. From carefully monitoring the incubator's temperature to ensuring the chicks were comfortable in their new environment, students played an active role in their care and development.

This hands-on experience provided valuable lessons in science, responsibility, and compassion. It sparked curiosity and engaged pupils in discussions about life cycles, animal welfare, and the importance of nurturing living creatures. The sight of tiny beaks breaking through eggshells (known as 'pipping') and fluffy chicks taking their first steps was truly heartwarming.

The whole school community, including staff, parents, and even visitors, shared in the excitement. Our social media pages were flooded with messages of enthusiasm and delight as people followed the chicks' journey from egg to hatchling. It was a fantastic way to bring everyone together, strengthening our school's sense of community and shared learning.

A huge thank you to everyone who supported this project, ensuring the chicks had the best possible start in life. A special thank you to the Janz family, who have generously offered a lovely home to all 11 chicks. We are delighted to know that they will be well cared for and have a wonderful place to grow.

Repeating this experience has certainly left a lasting impression on us all, and we can't wait for our next adventure in hands-on learning!

## PHYSICAL EDUCATION – SPRING TERM

As the winter sports draw to a close, it is time to reflect on what has been an excellent two terms for St Clements and school sport. The number of clubs, fixtures and competitions has now returned to Pre-Covid levels and student participation is as high as it has ever been. The highlights are outlined below; -

### **FOOTBALL**

Girls; participation for the girls' football has been fantastic, the teams have seen lots of girls returning to play as well as many new starters, specifically in years 7 & 8. St Clements' girls have had the opportunity to play in WN fixtures, the County cups and in the National cup. Both the U16s and U14s progressed through the early rounds but unfortunately despite strong efforts, fell short at the quarter final stage.

The U16 Girls lost to a good Thorpe St Andrew team and the U14 Girls lost to Taverham. Unfortunately, both the U13s and U15s lost in the first round of the National Cup. The girls have been able to show off their skills in friendly fixtures against Downham Market Academy where the game ended 5-5, and in the West Norfolk Schools 7/5-a-side tournaments hosted by The Nicholas Hamond Academy in Swaffham, where all age groups competed well coming out as one of the strongest teams that took part. I would like to give a special mention to Ruby De-Gol and Alice Todd who have been fantastic in supporting the running of girls' football. They have been great leaders, managers and players and have set a really good example to the students in the younger year groups.



*U16 Girls*



*U14 Girls*

Boys; Another year completed and a very successful football season St Clements. We have been very competitive in all games through years 7 to 11. The year 8 team were unlucky to lose on penalties to Attleborough in the 1<sup>st</sup> round of the county cup. The year 9 team have shown once again they have the foundations of a very good team. They were unlucky to lose in the 1<sup>st</sup> round of the county cup, but managed to get to the quarter final of the county plate. The year 10 team have once again shown West Norfolk and the whole of Norfolk that they can match their skills with any team. They have had some fantastic results on the way to another semi-final in the county cup. Unfortunately they lost earlier this week to Flegg High School 3-1. The work the boys have put in and the commitment they have shown, is a credit to the school. Lastly, the year 11 team. They have shown the most improvement out of all the teams and managed to get to a quarter final of the county cup but lost to Thorpe St Andrew.

The school would also like to thank Terrington Tigers who have kindly sponsored two football kits. These will be ready for use next season.





## NETBALL

In February, we restarted our extra-curricular netball club. Students have been consistent with their training on a Wednesday after school and have played lots of friendly and competitive fixtures this half term. Our Year 8 netball team had success in the West Norfolk schools tournament, they then went on to attend the Norfolk Schools County Finals on Saturday 22nd March at UEA. The team represented the school with enthusiasm and a positive attitude, winning one game, drawing one and losing two. It has been a great netball season this year. Thank you to students for their dedication to extra-curricular clubs, to staff- notably Mrs Wood and her daughter Jen, who have supported the club every week, and to parents for encouraging their children and supporting them attending club and fixtures.

*U13 Girls Netball – County Finalists*



## BADMINTON



The WN KS3 Badminton championships took place in the early part of the term. The combined finishing position for the girls' and boys' team was 3<sup>rd</sup> place. After winning the KS4 Girls badminton championships in the autumn term, the team went forward to represent Norfolk in the Eastern Region finals. The team performed well and despite not winning a match, were competitive with Annie Wenn picking up a couple of individual games victories.

## TABLE TENNIS

The KS3 WN Tournament saw a large number of players from the school participate in the tournament. The students performed well winning the majority of their games.



*KS3 Girls Table Tennis*



*KS3 Boys Table Tennis*

## DANCE

At the end of last term, students participated in a dance showcase, where family and friends came to watch a group performance and student choreography. This term, students have worked really hard learning contemporary dance and will have their next performance before May half term.

All students have completed dance/ sport acro units in their PE lessons this term. Students learnt about the basic dance actions and how they could develop their own creativity in dance, through use of choreographic devices. All students performed to their classes at the end of the unit, showing their hard work and contribution to the activity.

## HOCKEY

Hockey continues to flourish under the guidance of Miss Fox. This term the students have played several games with the highlight an indoor tournament at Marshland where the teams finished 1<sup>st</sup> and 3<sup>rd</sup>.



*U13 Girls Indoor Hockey Squad*

## HOUSE-MATCHES

It has been a busy term of house sport. All students from years 7-10 ran the school cross country course. Parks securing the House Trophy for the third time this year. The outstanding performances and new school record holders came from Nellie Chadderton (yr 7 record), Casey Ward (year 8 record) & Ethan Ward (who now holds the year 7, 8, 9 & 10 records).

The badminton and table tennis house-matches were an open event played as a knock out during lunchtimes. The individual winners were:

- Yrs 7&8 table tennis - Noah Hollington (Parks)
- Yrs 7&8 table tennis plate - Henry Wood (Turing)
- Yrs 7&8 badminton - Michal/Garrett (Parks)
- Yrs 7&8 badminton plate - King/Hurn (Parks)
- Yrs 9-11 table tennis - Hayden Bullingham (Yousafzai)
- Yrs 9-11 table tennis plate - Alice Todd (Yousafzai)
- Yrs 9-11 badminton - Mitchell/Brammer (Turing)
- Yrs 9-11 badminton plate - Potter/Fletcher (Turing)

The overall winners for Badminton was Yousafzai, for Table Tennis the winners were Attenborough and for Dodgeball Yousafzai came out on top.

## CROSS COUNTRY

The county cross country championships were held in January at Wymondham College. The school had eight runners and again, Nellie, Casey & Ethan performed well and qualified for the regional Finals. Both Casey & Ethan ran in the Eastern region Championships at Ipswich and through their outstanding performances, qualified and ran in the National Schools Championships. This achievement was done running a year up!!

*Casey & Ethan in their County Vests*



## SCHOOL TEAM PHOTOS

Once again, the students who have represented the school in the last year had their opportunity to be in the official photos. Year on year this number has grown, reflecting the ever-increasing number of school teams and students participating. This year over 200 students have represented the school, many of which multiple times.

### *Full Sport Colours*



### *Year 10 Netball Leaders*



## LEADERS

Students are keen to take on leadership roles both in school clubs, fixtures and Primary Events. Most recently the school hosted the Primary Netball tournament which the year 10s were responsible for running and officiating. Next term the school will be hosting more events including the Top Link Festival.

## SPORTS COUNCIL

Sports Council representatives have continued to meet on a half termly basis to discuss students' thoughts and ideas on PE in school. Since the last newsletter, students helped Miss Smith and Mr Osler in ensuring that the sports team photo session ran smoothly. In our meetings, representatives have communicated their peers' thoughts on house matches, sports day, sports kit and extra-curricular activities. On reflection of communication of PE notices, students may notice their year's representatives delivering weekly PE notices on a Monday during form. Weekly notices can also be found on your PE google classroom and on the notice board.

In the summer term, representatives will continue to help the PE department with events, such as sports day and presentation evening, as well as continuing to ensure students' voices are heard, in regards to PE. If you have any PE related ideas/thoughts you would like to be raised in the next meeting, please speak to a Sports Council representative. A list of these students can be found next to the house boards outside the canteen, they are also now wearing sports council badges.

# Music

After a very busy Autumn term, the Spring term has also seen many opportunities for our students.

In January, our Year 10 GCSE students took part in a composition workshop run by Professor Daniel Bickerton from Cardiff University. Students from Smithdon High School came to join us, and we explored ways of starting and developing ideas in preparation for composition coursework. It was a great day, with lots of opportunities for practical music making and thinking about how we can get started on this part of the course.

In January, we also took part in the Year 11 GCSE Presentation Evening, with one of our singing groups providing musical entertainment at the start of the event, and Tristan performing on guitar as part of the celebration.

March saw us take a trip of excited musicians to the Royal Albert Hall for a Film Music Gala presented by the Royal Philharmonic Orchestra. The pieces were all from Oscar winning films, including Titanic, Star Wars, The Lion King, La La Land and Jaws. Taking our seats at the top of the hall, we not only had a fantastic view of the orchestra and singers, but a great sound as well. Being able to experience professional live music in such a beautiful concert hall was a lovely way to spend a Saturday, and we even had the added bonus of our coach driver taking us round a number of the famous landmarks!

In March, two of our singers took part in the West Norfolk Academies Trust Vocal evening. Held at Springwood, Violet and Anna both performed brilliantly, showcasing their individual talents as well as being able to listen to singers from the other High Schools in the Trust.

April 1st sees our Spring Concert in the Village Hall, where all of our ensembles (choirs and bands) will perform. It gives the chance for some of our younger soloists to perform, as well as featuring our Year 10 GCSE soloists as they prepare for their performance exam in Year 11. This is a great way to end the term, and I would like to thank all of our instrumental and singing teachers who work with our students each week.

The final week of term also sees the Big Sing assemblies. Competing in houses, the KS3 students perform the songs we have been working on in lessons.

We are looking forward to a busy Summer term as well, and welcome everyone to come to see us perform at St Clement's, in the West Norfolk Academies Trust Summer Celebrations and further afield - details to follow!

Miss Kemp

# Giant 2Kg Easter Egg Raffle



Congratulations to Oscar Chilvers in 8MKN for winning the Giant Easter Egg raffle. Kindly donated by the Rotary Club.

# Coping with exams

We all know here at St Clements that it is coming up to a very stressful time for our year 11's.

There are plenty of websites available which can help with coping strategies and tips on how to revise.

Below you can find 10 top tips for helping with exam stress.



## 10 top tips for coping with exam stress

1. Plan your revision

2. Practice mindfulness

3. Take time away from revising

4. Stay active

5. Eat well and stay hydrated



6. Get plenty of sleep

7. Reach out for support

8. Practice self-compassion

9. Keep things in perspective

10. Try to have fun

# Competition time

## DESIGN YOUR OWN EASTER EGG

We are currently holding a competition in the Library for students to design their own Easter egg. The top 3 designs will win an Easter egg before we break up for the holidays.



We cant wait to get our judging hats on. One will be chosen by Mrs Raffan, one by Mrs Ford and another by our library assistants.





From all at  
St Clement's High  
School