



## Message from Kevin McKellar

Jane Theobald, my wonderful PA, ordered a really good book called 'Learning Independently' by Lorraine Marshall and Frances Rowland. I read it over the weekend and found it to be incredibly helpful. It empowers young people to develop the necessary skills to survive as informed, independent and versatile students. I have ordered copies for Heads of Faculty and Heads of Year.

Here is an extract. I hope it helps.

'As a student you will inevitably find yourself in situations that are difficult. One technique which many students have found useful and which can be used to cope with difficult situations such as exams, is the 'imagine the worst' approach.

When things are really bad....I picture a black tunnel in front of me. I go up to it.....I know a train is coming.....I go to meet it.....I know that inside the tunnel, underneath the wheels, down between the sleepers, there is a little spot of light. (Peter Hoeg)

Imagine you find yourself in an exam room, and are faced with a question which requires an essay answer. You have the sinking feeling that all you know on the topic could be put down in half-a-dozen sentences. What do you do? Panic instantly? Start scribbling furiously in the hope of inspiration? Leave the exam room? Most students worry about not being able to answer exam questions and imagine themselves in this situation. But their imagination stops there. You can help yourself cope with this problem ahead of time by also imagining what you will do about it.

Now continue imagining that you put down your pen, sit back, stretch a bit, and take several deep breaths. You read the question again, slowly and carefully. You pick up your pen and start to jot down anything which comes to your mind on the topic. You don't try to order this knowledge, but concentrate instead on recalling as much of it as you can. If you start feeling rushed, you deliberately pause for a few moments, and then continue.'

Monday 11 <sup>th</sup> March - Friday 15 <sup>th</sup> March		
Monday 11 <sup>th</sup> March	Year 9 Synagogue Trip Year 9 Girls Basketball at Copthall PE G&T Sport Leaders Training	All day 3.30 pm 3.30 pm
Tuesday 12 <sup>th</sup> March	PSHEE Group Oxford Lecture Trip (6 <sup>th</sup> Form students) Year 9 Girls Netball Tournament at St James Rowing competition at Henrietta Barnet	Period 1 After School 3.30 pm 3.30 pm
Wednesday 13 <sup>th</sup> March	Japanese Trip to National Gallery PSHEE Groups Year 13 Maths Intervention Year 9 Girls Basketball Training Year 9 a & b Netball match vs The Compton (Home) Sweet Charity - PA Performance (Hall)	All day Period 3 & 5 3.40 - 4.40 pm 3.30 pm 3.30 pm 7PM
Thursday 14 <sup>th</sup> March	HARP Trip to Thorpe Park Year 12 & 13 Japanese Trip to St Mary's Primary PSHEE Group Netball Tournament at St James Year 9b Netball Tournament at Mill Hill Year 10 Rugby Sports Leaders trip Sweet Charity - PA Performance (Hall)	All Day  Period 4 3.30 pm 3.30 pm 11 am onwards 7 Pm
Friday 15 <sup>th</sup> March	Science Big Bang trip Year 8 PSHEE Event 'Outside Chance' (Hall) Geography Trip	All day Period 3 & 4 PM