



Message from Kevin McKellar

Wellbeing

We are coming up to our mock exam period. Staff and students are trying to cope with the stress around managing exams and managing a difficult work load. The recent announcements about changes to GCSE's and the A Level curriculum has led to a great deal of panic and confusion. Current research shows that many under achieving pupils experience behavioural and emotional difficulties in the run up to GCSE's and A Levels. That is why wellbeing is at the heart of all that we do here at Hendon.

In 2008, the Welsh Government set a goal of ensuring that every secondary school child could access counselling as needed. Evaluations of the programme's first three years showed dramatic reductions in children's psychological stress and teachers reported that behaviour of students improved in over 80% of cases. Given these successes, the Welsh Government has committed £14.5m to ensure the continuation of the project. Wellbeing and rethinking issues around mental health has clearly helped the Welsh education system.

At Hendon, we are currently looking at the schools in Finland which have impressive wellbeing programmes. Helena Byrne, our Family Therapy Worker and leading member of the Student Services Team and Craig McGuire our Assistant Headteacher are trying to find schools that we can build credible links with. We are entirely convinced that our pupil premium money is being spent in the best possible way, helping students cope with the stress of exams and wider issues. Please read our article on coping with the stress of exams below. Please get back to us if you have any other ideas or strategies. We want to build on this with you. Education may be in a state of flux, but we must all work together to ensure that we can rise to any challenge.

Beating Your Hendon School Exam Stress

We recognise that at this time of year, many of our students find themselves weighed down by expectations. Comparisons, parental expectations and peer pressure can cause students to feel stress and anxiety. The term 'exam stress' can be broadly defined as a feeling of total anxiety over the performance in exams, the results and reaction of parents and friends etc.

During this time, students should learn how to breathe properly. We are currently teaching the Year 11, 12 and 13 students the 7 7 7 techniques - breathe in deeply for 7, hold your breath for 7 seconds and breath out for 7 seconds and as you are doing so, try to visualise a place where you feel happy and secure. Students are encouraged to breath like this as many times during the day as possible. It is a technique called Heartmath and it is, quite simply, a quick way of getting oxygen to the brain and for inducing a sense of calm.

Here are our exam tips to minimise the stress:-

- Develop a timetable to monitor your progress. Make sure you allocate adequate time for fun and relaxation as well.
- While revising a subject, always practice writing. Do not just read. If you are reading then take notes and make your reading active.
- Working on your writing for the purposes of the exam is a helpful actual simulation of the examination itself. Plan your revision and complete it in time. This will give you a sense of achievement and build your confidence.
- While revising, vary subjects and their difficulty to make sure you don't get bored or disheartened. Set realistic targets of what you can achieve in the time available.
- Work on your memory techniques. Spend as much time on recall as on reading. Practice by writing answers as you would do in the exam. This will help you remember the important points when you answer each paper.
- Practising writing answers under exam conditions really helps. This will help your body clock adjust the examination time and conditions.
- Take time out to prevent mental fatigue take a short break as soon as you notice your mind losing concentration. Stick to activities that do not break your study momentum.
- Avoid television and loud music.
- It is important that you know how to relax. Remember your mind and body perform at its best only if you get adequate rest.
- Maintain a regular sleep pattern. Do not alter your sleeping cycle. It is not important whether you study late or get up early, as long as you get into the habit of being at your most alert at the same time as that of the exam. Try and stop working an hour before bedtime. You will find it helpful to do some muscular relaxation which is particularly effective in relieving stress.
- What to eat - food rich in vitamins and proteins such as green leafy vegetables and fresh fruits are a must. The nutrients will help your brain stay sharp. Avoid food with high fat content - no more KFC and McDonalds! Do not drink too much coffee, tea or fizzy drinks. Caffeine will keep you up and reduce the clarity of your thinking. Remember too much caffeine can bring on panic attacks.
- No distractions! Keep all unimportant issues at bay. If you have a boyfriend/girlfriend then try to be disciplined in relation to the times that you see them. Right now, your only real focus should be you and your exam success. Stay away from distractions which could cause loss of concentration or unwanted anxiety.
- The power of positive thinking! Try to spend time with people who have a positive effect. It will rub off on you. Avoid negative thoughts, such as 'everyone else seems better organised, while I am struggling'. Challenge such negative thoughts with positive thinking, for example, I have done well in exams before and I can do this if I try my best.
- Memory techniques really help. Some people make up rhymes. Some people have secret codes, some people even use song to learn formulas etc. Always try to link concepts together. Try and use all of your senses in relation to remembering things. Come up with vivid pictures, feelings and images to bring information together.
- Teach it - find someone who doesn't understand the topic and teach it to them. This exercise forces you to organise

your ideas and to explain a challenging concept.

- Leave no islands! When you read through a text book, every piece of information should connect with something else you have learned.
- Mind maps and visual drawings always help. Mind maps help you to connect ideas and to think deeply around concepts. Try and explain your thinking through a mind map. It is a great way forward for the visual learner.
- Don't force. Forcing information during the last few moments is incredibly difficult and incredibly inefficient. Become an expert by slowly interlinking ideas as they come to you so studying becomes a quick recap rather than a first shock attempt at learning.

Remember all learning is simply in your head. Having beautiful notes and a perfectly highlighted text book doesn't matter if you don't understand the information in it. Your only goal is to understand the information and work hard on how you are going to be tested on it.

Don't be afraid to get messy when scrawling out ideas on paper and connecting them in your head. Time is the greatest gift that you can give yourself. This is the right time to study as hard as you possibly can. The very best of luck, may the force be with you.

I am currently working with the wellbeing team on looking at solutions around stress in school. I have just finished reading 'The Stress Solution' by Samuel H Klarreich. In his thought provoking book, he mentions 16 irrational thoughts which can lead to heightened feelings of stress:-

1. Something terrible will happen to me if I make a mistake.
2. There is a right and a wrong way to do things.
3. It is awful and horrible to be criticised.
4. I must seek approval all of the time.
5. I must be competent, and I must be always be viewed as competent.
6. People in authority should never be challenged.
7. Life in the work place must be fair and just.
8. I must be in control all of the time.
9. I must anticipate everything.
10. I must have things the way that I want them.
11. People who do something wrong to me should be punished.
12. I must have somebodies shoulder to cry on.
13. I must feel perfect all the time.
14. My worth as a person is exactly equated to my job performance.
15. I was promised a rose garden.
16. It is too late for me to change.

The point behind this book, is counter thinking which is defined as thinking which is in opposition to previous negative thinking.

1. Mistakes happen and nothing terrible results.
2. There is usually no one clear right and wrong way to do things.
3. I will accept criticism and see how I benefit from it.
4. I will not demand approval.
5. I will demand of myself that I will always be competent, though I will certainly always try my best.
6. I will not be fearful in the presence of authority.
7. I accept the fact that life in the work place is not always fair and just.
8. I give myself the right to be out of control once in a while.
9. I can neither anticipate nor be certain of everything.
10. I will accept the fact that I will not always get what I want.
11. I will give others the right to be wrong, and will not be angry or hostile towards them.
12. If I do not receive full support or enjoy a caring attitude from people around me, it will not be the end of the world.
13. I accept the fact that I can never be perfect but that I am good enough.
14. I will not judge myself only according to what I do or don't do in the work place.
15. No one should be promised a rose garden. The world is not perfect.
16. It is never too late for anyone to change.

When we talk to students about this, we also warn against too much positive thinking. This, too, can lead to excessively high, unrealistic expectations. Within our SEAL programme (the social and emotional aspects of learning) we encourage the following:-

- Taking responsibility, accepting your problems as your own.
- Accepting yourself. Too much self-criticism only creates more problems.
- Giving yourself credit. Progress may be slow but small wins start to add up, especially if you are patient.
- Reducing your needs - do you really need to be on your mobile phone all of the time?
- Rejecting perfectionism.
- Withholding judgement.
- Take risks.

Part of our wellbeing programme is talking about the basics - good food, a good night's sleep, drinking plenty of water throughout the day, getting good exercise. We have also invested in interesting relaxation techniques such as yoga, laughter yoga and Tai Chi. We have also brought in stand-up comics to help students appreciate the importance of humour.

Please remember that we have a wellbeing team dedicated to helping any member of staff, any parent, or any student deal with problems. We recognise that the best learning institutions are the ones which really look at all of the issues related to successful study. We now have excellent examples of how students have been able to break the stress cycle. Interestingly, our Year 12 students are mentoring our Year 10 students and much of their talk is about managing stress. All of our Year 7 and Year 11 students have had taught meditation sessions and this has had a terrific impact on improving concentration in the classroom.

If you are interested in the work of the wellbeing team, or if you would like to talk about any problem or issue, then please see

Sue Fella. Her email address is suef@hendonschool.co.uk and her number is 0208 202 9004 extension 287. Tom Mann, our Key Stage 3 and extra-curricular champion also produces a wellbeing bulletin. If you would like to contribute to this then please email Tom on mannt@hendonschool.co.uk and his phone number is 0208 202 9004 ext 253.

And finally....

Let me just leave you with a beautiful wellbeing quote:-

12 Wellbeing things to remember

1. The value of giving yourself time, and giving other people time.
2. The success of perseverance.
3. The pleasure of working.
4. The dignity of simplicity.
5. The worth of your character.
6. The power of your kindness.
7. The influence of good people around you.
8. The obligation of duty and care.
9. The wisdom of economy.
10. The virtue of patience.
11. The improvement and appreciation of any talent that we may have.
12. The joy of originating.

(anonymous)

Have a good wellbeing day.

Kevin McKellar

The Hendon Promise

As a part of our review of our Key Stage 3 (Years 7 to 9) curriculum, we are working on a document we call 'The Hendon Promise'. This will be what we promise to offer and deliver to all students during this period of their education. We hope to use this to raise aspirations, provide inspirational learning opportunities and ensure that our students have experiences they can use to help understand subject areas and their environment better. Staff are inputting into this document, students will also be given the chance and we would welcome suggestions from yourselves. We will not be able to include all ideas but we would like to harvest as many as possible so we can ensure that this document has balance and we will be giving the right opportunities to our students. This will be ready for use in the next academic year (from September 2014).

Please contact me at school if you have any suggestions.

Thank you for your continued support for your child's education,

Tom Mann Assistant Headteacher

Tel: 020 82029004 ext 253 Email: mannt@hendonschool.co.uk

School Production - Little Shop of Horrors

The last chance for students to sign up for this year's production of Little Shop of Horrors is this week. Rehearsal is on Wednesday 27th November in the Hall after school until 5 pm. Please see Mr Humphrey for more details!

The shows will be on the 13th, 14th and 15th of February next year - mark those dates in your diary!

Mr Humphrey



Monday 25 November - Friday 29 November		
Monday 25 November	Music Trip (Mixed Years) Year 7 Fingerspellathon (PDS) Student Voice Training Boxing Club & Table Tennis Club Year 7 Football vs Mill Hill (Powerleague)	All Day Period 2 3.30 pm 3.30 pm
Tuesday 26 November	Non Uniform Day Cricket Club (Year 7 & 8)	3.30 pm
Wednesday 27 November	Year 10 & 12 Photography Trip Year 9 Basketball 7 Year 8 Football Training Basketball Training (All Years)	3.30 pm 3.30 pm
Thursday 28 November	Year 12 BICT Trip Start of Year 11 Study Leave GCSE Maths Intervention	All Day 3.30 - 4.30 pm
Friday 29 November	Sixth Form Badminton	3.30 pm

HENDON SCHOOL

Yr 11 Mock Exam Timetable Dec 2013

DATE	9.00 AM	1.00 PM
Wed 27th Nov	GCSE French (Writing) (49) 60min	MFL controlled assessment writing to take place p1 on Wed 27th (MFL lesson)
	GCSE Spanish (Writing) (55) 60min	
	GCSE German (Writing) (28) 60min	
Thurs 28th Nov	GCSE Child Development (10) 120min	GCSE Music (15) 90min Music Rm
	GCSE Business Studies Option A (10) 60 min	GCSE Sociology B (Unit 1) (25) 90min
	GCSE Dance Unit 1 (16) 60min	GCSE Business Studies B (25) 60 min
	GCSE Sociology Option A (Unit 1) (22) 90min	GCSE Geography B (46) 75min
	GCSE Geography Option A (59) 75min	GCSE ICT B (6) 90min
	GCSE History Option A (Unit 2c) (24) 75min	
	GCSE Statistics Option A (13) 120min	
	GCSE Dance Units 3 & 4 (16) 120min	
Fri 29th Nov	GCSE Religious Education (197) 90min	GCSE Biology (Triple/Double) (153) 60min
Mon 2nd Dec	GCSE Mathematics Paper 1 105min	GCSE Physics (Triple/Double) (153) 60min
Tue 3rd Dec	GCSE English Lit (Understanding Prose - double) (130) 105min	
Wed 4th Dec	GCSE Photography (14) 300min C1	
	GCSE Drama (33) 300min Huts & A5	
	GCSE Statistics Option C (10) 120min	
	GCSE History Option C (38) 75min	
	GCSE Business Studies Option C (42) 60 min	
	GCSE ITC Option C (9) 90min	
Thurs 5th Dec	GCSE Art (23) 300min C1,C2	
		GCSE Japanese (Reading & Writing) (49) 120min
Fri 6th Dec	GCSE Art (23) 300min C1,C2	
	GCSE Science Controlled Assessment Day	
Mon 9th Dec	GCSE English Lang (Writer's voice - double Eng) (130) 105min	GCSE Chemistry (Core) (59) 30min
	GCSE English (Single) (80) 120min	
Tue 10th Dec	GCSE Mathematics Paper 2 105min	GCSE Religious Education (197) 45min
Wed 11th Dec	GCSE Physics (Core) (59) 30min	GCSE German (Listening - Higher) (8) 45min
	GCSE Dance (Practical) (14) 180 min Old Gym	GCSE Spanish (Listening - Higher) (34) 45min
		GCSE French (Listening - Foundation) (25) 35min
		GCSE German (Listening - Foundation) (20) 35min
		GCSE French (Listening - Higher) (24) 45min
	GCSE Japanese (Listening) (54) 50min	
Thurs 12th Dec	GCSE French (Reading) (49) 50min	GCSE Chemistry (Triple/Double) (153) 60min
	GCSE German (Reading) (28) 50min	
	GCSE Spanish (Reading) (55) 50min	
Fri 13th Dec	GCSE Sociology A & B (Unit 2) (47) 60min	GCSE History A & C (Unit 3c) (63) 75min
	GCSE Yr 10 Science (183) 90min	
Mon 16th Dec	GCSE English (Controlled Assessment - double Eng) (130) 120 min	
	GCSE English (Controlled Assessment - single Eng) (80) 120min	
Tue 17th Dec	GCSE MFL Controlled Assessment Day	
Wed 18th Dec	GCSE Graphics Controlled Assessment Day (13) 300min	
	GCSE Product Design Controlled Assessment Day (13) 300min	
	GCSE Textiles Controlled Assessment Day (12) 300min	

HENDON SCHOOL		
Year 12 Mock Exam Timetable Dec 2013		
DATE	9.00 AM	1.00 PM
Fri 29th Nov	AS Drama (11) 300min	
Mon 2nd Dec		AS Biology (21) 90min AS History (19) 45min
	AS Media Studies (13) 120min	
	AS Geography (18) 90min	
	AS Law (4) 90min	
	AS Religious Education (10) 90min	
	AS Physical Education (13) 180min	
	AS Japanese (3) 60min	
	AS English E (Unseen prose) (8) 120min	
	AS Economics (23) 90min	
Wed 4th Dec	AS & A2 Mucis Tech (9) 120min Mucic Rm	AS Film Studies (7) 60min
	AS & A2 Textiles (7) 120min	AS English D (Unseen prose) (28) 120min
	AS Spanish (3) 150min	AS Business Studies (19) 45min
	AS Chemistry (22) 60min	AS Physics (16) 60min
	AS Psychology B (14) 120min	AS Sociology (12) 120min
	AS French (4) 105min	Apoplied Business (23) 30min
	AS German (3) 150min	
Thurs 5th Dec	AS Photography (7) 360min C1	
	AS & A2 Music (4) 120min Music Rm	
Fri 6th Dec	AS Psychology A (12) 90min	
	AS Product Design (14) 120min	
	AS Government & Politics (23) 45min	
	AS Mathematics (65) 90min	
Thur 13th Dec	AS & A2 Art (14) C1, C2	
Fri 14th Dec	AS & A2 Art (14) C1, C2	

HENDON SCHOOL		
Yr 13 Mock Exam Timetable Dec 2013		
DATE	9.00 AM	1.00 PM
Fri 29th Nov	A2 Photography (10) 300min C1	
Mon 2nd Dec		A2 Business Studies (4) 120min A2 Geography (11) 90min
Tue 3rd Dec		A2 Textiles (4) 120min A2 Spanish (2) 150min A2 French (2) 150min A2 Biology (10) 90min A2 Religious Education (14) 90min A2 Japanese (2) 60min A2 Law (12) 90min
Wed 4th Dec	AS & A2 Music Tech (9) 120min Mucic Rm	A2 Media Studies (12) 120min A2 Physics (10) 60min A2 Economics (13) 120min A2 Drama (5) 150min A2 Psychology Option C (15) 90min
Thurs 5th Dec	AS & A2 Music (4) 120min Music Rm A2 English Option D (Interpretations of prose & poetry) (23) 165 A2 Psychology Option D (7) 90min A2 Applied Business (9) 30min A2 Chemistry (17) 90min A2 History (9) 60min	A2 Physical Education (4) 90min A2 English Option E (Interpretations of prose & poetry) (16) 165min A2 Mathematics (22) 90min A2 Sociology (23) 120min
Fri 6th Dec	AS/A2 Product Design (1) 120min	
Thur 13th Dec	AS & A2 Art (14) C1, C2	
Fri 14th Dec	AS & A2 Art (14) C1, C2	