

# Batchwood Newsletter



Spring 1 24-25

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## Headteacher's Letter

Dear Parents and Carers,

As we approach the end of the first half of the spring term, I would like to take this opportunity to update you on some of the wonderful achievements and initiatives we have seen so far this term.

### **Year 8 Swimming Lessons:**

It has been a pleasure to see our Year 8 students engaging so enthusiastically in their swimming lessons. The progress they have made in such a short amount of time is remarkable, and we are very proud of their efforts. Swimming is such an important life skill, and it has been heartening to see so many students improving their technique and confidence in the water.

### **Year 11 Work Experience:**

Our Year 11 students have also been actively participating in their work experience placements, which have been a great success. The real-world exposure and skills they are gaining are invaluable as they prepare for life beyond school. We appreciate the local businesses and organizations that have partnered with us to provide these opportunities, and we look forward to seeing the positive impact these experiences will have on our students' future aspirations.

### **Uniform and Mobile Phones:**

A quick reminder to all parents and carers regarding school uniform: it is important that students continue to wear the correct uniform throughout the school term. Consistency in uniform helps maintain a sense of pride and belonging within our school community. Additionally, students are reminded to hand in their mobile phones at the beginning of the school day. This allows for fewer distractions and ensures they are able to focus fully on their studies.

### **Proud Thursday**

It has been great to see the continued success of Proud Thursday. Students bring a piece of work they are proud of to Mrs Noble and explain to her why they are proud of their work. Listening to just how pleased students are with what they have achieved is a highlight of the week. Last week we had 60 students come and show their work and receive a certificate in recognition.

### **Acknowledgment of Effort:**

Lastly, I would like to extend my sincere thanks to both our students and staff for their continued hard work and dedication. It has been a busy and productive start to the term, and we are so proud of the achievements of everyone involved. It's clear that our school community is thriving, and it's all thanks to the collective effort and enthusiasm of students, staff, and parents.

We wish you all a restful and enjoyable break and look forward to welcoming everyone back after the half-term.

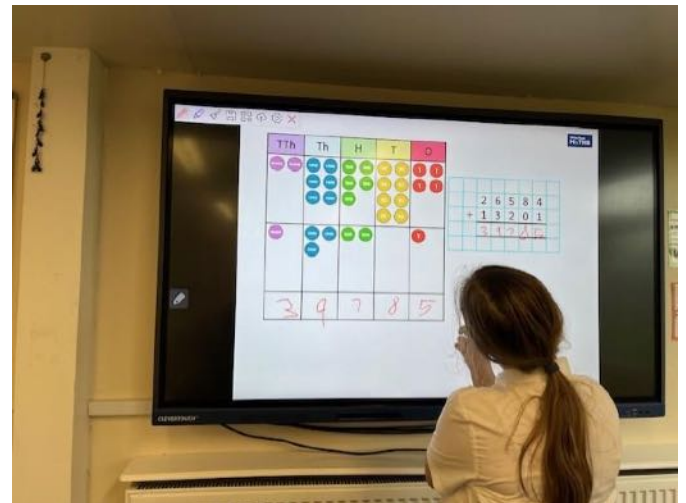
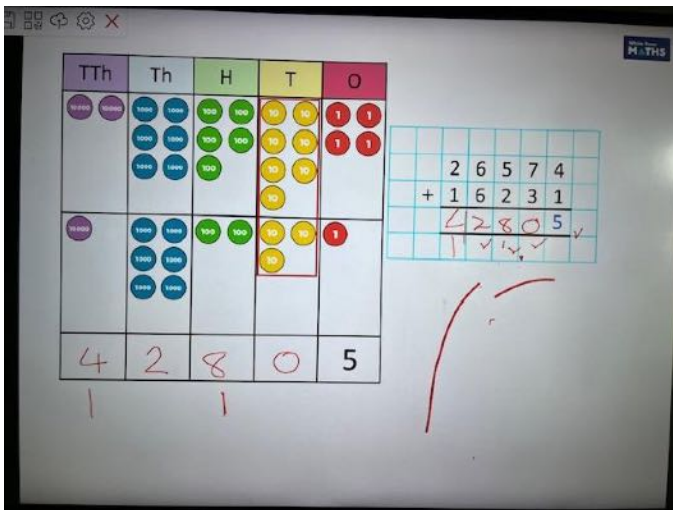
Thank you for your continued support.



# Student Achievements



Thomas year 9 has been working hard in Forest School and has been working hard on developing his skills. Teddie year 9 won **The Best Cook Award** for the week in Food Tech.



7B have been working hard in Maths completing 5-digit additions using place values. Elise Year 7 can be seen working on a problem using the interactive whiteboard.

# Work Experience, Workshops and Events

Year 11 recently completed work experience. Congratulations and well done to all those that took part. However, this is not the end of their journey. If students are interested in work experience, they can contact Mr Pearson, and we can look into arranging further work experience. Please note that this may take place on weekends or after school.

Students completed work experience at places like:

Pottery shops

Tesco

Farms/ground work

WHSmith

Theatres



Year 10 have completed their third work shop with the Job Centre+ and will be going onto look at C.V. writing after half term.



The school talent show (Batchwood's Got Talent) is seeking more students to participate at the end of term. Any students aiming to take part will need to let Mr Pearson know as soon as they can.

## Student Work Gallery

Sock monkey made by Rebecca in year 10. How fantastic is this, Rebecca's skills are improving with each project. Well done to Rebecca!





# Join our Parents Association!

Dear Parents,

We would like to extend a warm invitation to you all to join our Parents Association! This is a fantastic opportunity to get involved in our school community, share ideas, and support each other as we work together to enhance our children's educational experience.

As a member of the Parents Association, you'll have the chance to meet other parents, participate in exciting events, and play a vital role in shaping the future of our school. Whether you have a bit of time to spare or would like to contribute in other ways, your involvement would be deeply appreciated.

If you're interested in joining us, please follow the link below to let us know. We're excited to hear from you and can't wait to work together in making our school an even better place for our children!

Meetings would likely take place in the evenings and can be held at school or online, whatever best suits the association. This can be discussed when we have enough volunteers.

Follow the link below to register your interest.

<https://forms.gle/Npbqq94UB1q1B6TS6>



# GCSE Exam Timetable

Subject	Date	AM or PM
<b>English Language</b>		
Paper 1	Friday 23 <sup>rd</sup> May 2025	AM
Paper 2	Friday 6 <sup>th</sup> June 2025	AM
<b>English Literature (option)</b>		
Paper 1	Monday 12 <sup>th</sup> May 2025	AM
Paper 2	Tuesday 20 <sup>th</sup> May 2025	AM
<b>Maths</b>		
Paper 1 (non-calculator)	Thursday 15 <sup>th</sup> May 2025	AM
Paper 2 (calculator)	Wednesday 4 <sup>th</sup> June 2025	AM
Paper 3 (calculator)	Wednesday 11 <sup>th</sup> June 2025	AM
<b>Science GCSE Double and Triple</b>		
Biology 1	Tuesday 13 <sup>th</sup> May 2025	PM
Biology 2	Monday 9 <sup>th</sup> June 2025	AM
Chemistry 1	Monday 19 <sup>th</sup> May 2025	AM
Chemistry 2	Friday 13 <sup>th</sup> June 2025	AM
Physics 1	Thursday 22 <sup>nd</sup> May 2025	AM
Physics 2	Monday 16 <sup>th</sup> June 2025	AM
<b>Business</b>		
Paper 1	Friday 9 <sup>th</sup> May 2025	PM
Paper 2	Friday 16 <sup>th</sup> May 2025	PM

*Art and Food exams TBD, students in these exams will be notified as soon as possible.*

# Options Evening and Mental Health and Wellbeing



## Year 9 Options Evening

We had a successful and lively Year 9 options evening on the Thursday 27<sup>th</sup> January 2025! Students, along with their parents, had the opportunity to meet with subject teachers to discuss their progress. The purpose of the evening was for students/parents to meet with all the subject teachers, as well as their form tutor, to talk through, and make decisions, on the option choices for Key Stage 4 starting in September. This is a really important evening as it is the start of the process for 'life after Batchwood School' and preparing students for Post-16 destinations.



When the current Year 8s move into Year 9 next Year, it will be their time to start considering what options they would like to choose at KS4. But success doesn't start in Year 9, it starts now! Students from all years should be thinking about how they can improve and succeed in all their subjects to make the most of their time at Batchwood School. We will support them in all that they do but they need to ensure they do their part and attend and engage in lessons with a willingness to do their best. If students and/or parents have any questions about KS4 options and what that involves please don't hesitate to contact me and I can talk you through it.

**Miss Maxen**  
**Director of Progress for Year 9**

## Mental Health & Wellbeing

It seems appropriate that *January was Mental Wellness Month*. After all, what better way to start the new year than with a reminder to recharge your mental health?

Research continues to show that your **mental health significantly impacts your physical health**. Individuals with chronic conditions like heart disease, cancer and diabetes are more likely to experience depression or anxiety. The opposite is true as well: **Positive mental health** (along with other factors) can reduce your risk of heart attack and other serious conditions. Strong mental health also helps boost your immune system, reducing your risk of getting sick.

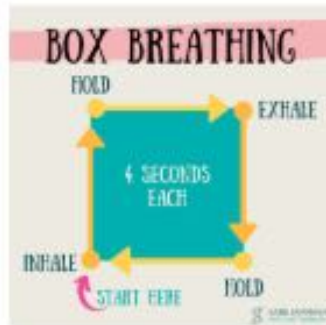
So, how can you improve your mind-body connection? View some simple tips below.

**Establish emotional balance...**

# Mental Health and Wellbeing

Emotional or mental wellness doesn't mean you always have to be happy. That's just not realistic. Part of the beauty of being a human is experiencing and learning from all emotions – the ups and downs, the good and the bad.

Emotional balance is the act of being aware of and experiencing your emotions instead of bottling them up inside. Here's how it works:



- **Acknowledge body and emotional changes** - Take a moment to notice that you're experiencing some type of emotion. You don't have to identify it right away.
- **Feel your feelings** - Close your eyes and take a deep breath to help you identify your feelings. Do you have butterflies in your stomach? Do you feel a warmth or glowing feeling inside?
- **Name the emotion** - Words have power. By simply saying, "I feel anxious" or "I feel happy" you can start to respond productively instead of reacting unconsciously. Consider what might help in that moment. Perhaps, talk to friend, take a walk, challenge your negative thoughts.
- **Practice mindfulness** - Being mindful can help you find emotional balance. Try meditation, yoga or breathing exercises to stretch your mindful muscle. The more you practice, the easier it will become to notice and name your emotions.

## Find a purpose...



A purpose in life, whether it's in work, service, hobby or family can help improve your mind-body connection. In fact, having a sense of purpose offers many benefits, including:

- Being happier
- Living longer
- Sleeping better
- Improved heart health
- And many others...

So, how can you find your purpose? It's easier than you think. Below are a few examples:

- Explore your interests





- Volunteer at local organisations important to you
- Consider what you love to do
- Talk to friends and family
- Try new experiences...

Having a purpose does not mean you need to climb Mt. Everest or start a non-profit organisation. It simply means finding a passion or purpose that helps you live your life and thrive. It allows you to focus on the things that matter most.

### *Keep healthy habits a priority...*

Physical health and mental health are interconnected. You have to take care of your body in order to take care of your mind. Here are a few healthy habits that should always be a priority:

- **Eat healthy** - Small changes, a balanced diet and plenty of fresh fruits and veggies are a strong foundation to any diet.
- **See your doctor** - Wellness visits and preventive screenings ensure you stay healthy. Sick visits help you recover from illness or injury sooner.
- **Sleep well** - A good night's sleep allows your body to rest, recharge and function properly.
- **Manage stress** - Long-term stress takes a serious toll on your mental and physical health. Keep stress in check with some simple strategies

Our mental health plays an important role in our physical health. Focusing on habits that improve our mental and physical health makes us all healthier, happier and stronger.



### ***Parent Workshops being delivered by the Mental Health Support Team***

- ***Self-harm - 17th March 2025 (delivered by Katherine and Nikki) - 7.00-8.00pm***
- ***Behaviours that Challenge - 12th May 2025 (delivered by Katherine and Katie (Positive Behaviour Analyst) - 7.00-8.00pm***

If there are any workshops you feel would be helpful for you or your children, please let me know and I would be happy to discuss this with you. There will also be more workshops delivered to the students by our MHST so please watch this space!

*If there is anything you would like to see or hear about in the Batchwood Newsletter regarding Mental Health and wellbeing, please do let me know, I would love to hear from you!*

*Miss Maxen  
Mental Health & Wellbeing Lead*

# Important Diary Dates

## January 2025

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- 6<sup>th</sup>- Term starts (all years)
- 14<sup>th</sup>- Options evening 6pm start
- 14<sup>th</sup>- Parents evening 6.30pm (Y9 and 11)

## February 2025

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- 17<sup>th</sup>- Half term week
- 24<sup>th</sup>- Term starts (all years)
- 25<sup>th</sup> - Year 9 residential trip meeting. *A letter has been sent to relevant parents. 6pm start.*

## March 2025

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- 3<sup>rd</sup> - Careers Week
- 14<sup>th</sup> - Year 11 final mocks
- 24<sup>th</sup> - Assessment Week

## April 2025

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- 4<sup>th</sup> - End of Spring Term (1.15pm finish)
- 22<sup>nd</sup>- Summer 1 starts (all years)