

# PUPIL Bulletin

WEEK 1 • NO 22 • 4TH MARCH 2024



## Austria Ski Trip 2024



The annual Ski trip returned during half term where 54 students, from year 7-10, visited Axamer Lizum (Austria) for 5 days.

The coach departed on time at 4pm Wednesday with everyone excited and in high spirits for the week ahead.

After a successful 25 hour coach ride we arrived at the hotel ready for an early departure for ski-fit.

This was a new resort and hotel for everyone so it would take a while to familiarise ourselves with the slopes and conditions.

Weather was mixed with some very warm days and periods of rain and windy white-outs at the top! However, the students adapted fantastically!

It's safe to say all students and staff alike had a wonderful time with lots of new skills being learned and developed, and many new friendships being formed across the range of year groups. Due to Mr Moules illness (Who was sorely missed) a special thanks goes to Mr Simkins for taking over the group lead role and Mr Leitheiser for stepping in for our missing member of staff. Organisation for next years trip is already underway, we can't wait to see who joins us!

*Mr Taylor*



### Student comments:

**"It was a great experience and I learnt lots of new skills. It was fun going fast down the slopes".**

**"I loved the freedom I had and it was fun to 'bomb' straight down the slopes as fast as I could".**

**"The ski trip was amazing, especially the chicken nuggets at the restaurant! Phenominal experience overall".**

**"I really liked it and thought it was fun. I would like to go again because it was such a good experience".**

# YEAR 11 MOCK EXAMS

## 4th - 8th March 2024

### Year 11 March Mock Exams

Year 11 students will be sitting their mock exams in Maths, English and Science next week. Students will be aiming to improve on their raw scores from their December exams by revising areas where teachers' feedback identified issues and practising their exam technique and timings. Students have been given a 'Preparing for your mock exams' booklet which contains essential information about how to prepare.

### Where do I register on the morning of an Exam?

**Monday 4th March** – Year 11 students should go straight to the dining hall on arrival so that we can have a prompt start to the 8:45 exam. The English Literature exam is a long one so we aim to begin the exam at 8:45am to be able to finish by break.

**On Tuesday 5th - Friday 8th March**, Year 11 students should register as usual in their form rooms at 8:30am before coming down to the dining hall.

*Miss Evans*

### Core Mock Examinations

Next week is the final set of mocks for Year 11 before the final exam in the Summer term. Remember this is a final opportunity to practise before the real thing. Make sure that you're prepared and ready in plenty of time on the day and you target your revision carefully on those areas your teachers have guided you towards following your mock examinations in December. Good luck to you all.

*Mr Anderson*



### Exam Equipment

**Students MUST walk into the exam halls with the correct equipment.**

Scientific calculators are required for Maths and Science exams next week. Please see Mrs Davies, Curriculum Leader for Maths or Miss Evans if you need some help with getting a calculator.

Equipment will be available to purchase from Mrs Lawlor in the dining hall each morning before the exam.

## March Mock Exam Timetable

WEEK 1 Timetable	Date	Start	Subject	Length of time	Start	Subject	Length of time	Period 5
	Monday 4 <sup>th</sup> March	08:45	English Literature	2hr15 mins	11:30	Maths Paper 1 (non-calculator)	1hr30 mins	Normal lessons
	Tuesday 5 <sup>th</sup> March	09:00	English Language Paper 2	1hr45mins	11:30	Science: Biology Paper 2	1hr 10mins / 1hr 45mins	Normal lessons
	Wednesday 6 <sup>th</sup> March	09:00	Normal lessons		11:30	Maths Paper 2 (calculator)	1hr30 mins	Normal lessons
	Thursday 7 <sup>th</sup> March	09:00	Maths Paper 3 (calculator)	1hr30 mins	11:30	Science: Chemistry Paper 2	1hr 10mins / 1hr 45mins	Normal lessons
	Friday 8 <sup>th</sup> March	09:00	Science: Physics Paper 2	1hr 10mins / 1hr 45mins	11:30	Normal lessons		Normal lessons


# YEAR 11

## Summer Examinations

The final dates and times for all the summer 2024 exams are now on the school's website on the Exams page and also listed in this bulletin. Students will receive their own individualised exams timetables soon. [www.saddleworth.oldham.sch.uk/exams/](http://www.saddleworth.oldham.sch.uk/exams/)

All Y11 students are expected to have read the important exam information booklet which was provided before the December mocks and is also on the website. It contains essential information about regulations and rules for the entire exam series.

Miss Evans



**SADDLEWORTH SCHOOL**

### External Examination Information

for students and parents.

This booklet contains information that we are required to share with you as part of the conditions and regulations of the Joint Council for Qualifications (JCQ). Every student sitting an external examination must be familiar with the following information.

- JCQ Information for Candidates - Coursework assessments
- JCQ Information for Candidates - Non-examination assessments
- JCQ Information for Candidates - On-screen tests
- JCQ Information for Candidates - Privacy Notice
- JCQ Information for Candidates - Social Media Feed
- JCQ Information for Candidates - Written examinations
- JCQ Preparing to sit your exams
- Saddleworth School's Internal Appeals Policy

The school's complaints procedure can be found on the school's website. Further information will be given out with exam timetables and at exam assemblies.

Exams information can be found on the school's website using this address: <http://www.saddleworth.oldham.sch.uk/exams/>

**IMPORTANT INFORMATION**

- Nationally, all Y11 students must be available to attend school wherever required up to and including Friday 24<sup>th</sup> June 2024 in case an awarding body has to make a contingency plan.
- Locally, Saddleworth School is open to Y11 students who are sitting exams on White Friday (Friday 24<sup>th</sup> May 2024) - there will be exams on this day.

**CONTACT DETAILS:**  
Please direct all exam enquiries to: [exams@saddleworthschool.org](mailto:exams@saddleworthschool.org)

## Summer Exams Timetable 2024

Week	Date	Day	Morning Session - exams begin at 9am (students should assemble at least 15 minutes before)				Afternoon Session - (students with an exam will take 12:20pm lunch)			
			Subject	Length	Exam	Exam	Subject	Length	Exam	Exam
2	6th May	Mon	Bank Holiday Monday				Bank Holiday Monday			
	7th May	Tue	Health and Social Care - Component 3 (BTEC) - Health and Wellbeing	2hrs	BHS0301	Edexcel				
	8th May	Wed								
	9th May	Thur	Religious Studies: Paper 1	1hr 45m	8062	AQA	Drama: Understanding Drama	1hr 30m	8261	AQA
	10th May	Fri	Combined Science Paper 1: Biology 1 (Both Tiers) Biology Paper 1 (Both Tiers)	1hr 10m 1hr 45m	1SCO 1BIO	Edexcel	German: Listening & Reading Foundation Tier	35m+45m	8668	AQA
1	13th May	Mon	English Literature Paper 1 - Shakespeare and the 19th century novel	1hr 45m	8702	AQA	Media Studies Component 1 - Exploring Media	1hr 30m	C680U20	WJEC
	14th May	Tue	French: Listening & Reading Foundation Tier French: Listening & Reading Higher Tier	35m+45m 45m+1hr	8658	AQA	Sports Studies CNAT: Contemporary issues in sport	1hr 15m	R184	OCR
	15th May	Wed	History Paper 1: Thematic study and historic environment (Crime and Punishment with Whitechapel)	1hr 15m	1HIO	Edexcel	Business Studies GCSE Paper 1 - Influences of operations and HRM on business activity	1hr 45m	8132	AQA
	16th May	Thur	Mathematics Paper 1 (Non Calculator) Both Tiers	1hr 30m	1MA1	Edexcel	Computer Science Paper 1: Computer Systems	1hr 30m	J277	OCR
	17th May	Fri	Combined Science Paper 2: Chemistry 1 (Both Tiers) Chemistry Paper 1 (Both Tiers)	1hr 10m 1hr 45m	1SCO 1CHO	Edexcel	Religious Studies: Paper 2	1hr 45m	8062	AQA
	20th May	Mon	English Literature Paper 2 - Modern texts and poetry	2hr 15m	8702	AQA	Geography Paper 1: Living in the UK today	1hr	J383	OCR
	21st May	Tue	German Paper 4: Writing Foundation Tier German Paper 4: Writing Higher Tier	1hr 1hr 15m	8668	AQA	Media Studies Component 2 - Understanding Media	1hr 30m	C680U10	WJEC
2	22nd May	Wed	Enterprise & Marketing CNAT: Enterprise and marketing concepts	1hr 15m	R067	OCR	Computer Science Paper 2: Computational thinking, algorithms and programming	1hr 30m	J277	OCR
	23rd May	Thur	Combined Science Paper 3 Physics 1 (Both Tiers) Physics Paper 1 (Both Tiers)	1hr 10m 1hr 45m	1SCO 1PHO	Edexcel	PE GCSE: Paper 1 Physical factors affecting performance	1hr	J587	OCR
	24th May	Fri	English Language Paper 1: Explorations in creative reading and writing	1hr 45m	8700	AQA				
			French Paper 4: Writing Foundation Tier French Paper 4: Writing Higher Tier	1hr 1hr 15m	8658	AQA				
			MAY HALF TERM							
1	3rd June	Mon	Mathematics Paper 2 (Calculator) Both Tiers	1hr 30m	1MA1	Edexcel	PE GCSE: Paper 2: Socio-cultural issues and sports psychology	1hr	J587	OCR
	4th June	Tue					History: Paper 2: British depth study & Period study (American West and Elizabethan England)	1hr 45m	1HIO	Edexcel
	5th June	Wed	Geography Paper 2: The world around us	1hr	J383	OCR	Business Studies GCSE Paper 2 - Influences of marketing and finance on business activity	1hr 45m	8132	AQA
	6th June	Thur	English Language Paper 2: Writers' viewpoints and perspectives	1hr 45m	8700	AQA	National EXAM CONTINGENCY - Afternoon. All Y11 students must be available to attend school if required here.			
	7th June	Fri					Combined Science Paper 4 Biology 2 (Both Tiers) Biology Paper 2 (Both Tiers)	1hr 10m 1hr 45m	1SCO 1BIO	Edexcel
2	10th June	Mon	Mathematics Paper 3 (Calculator) Both Tiers	1hr 30m	1MA1	Edexcel	Creative iMedia CNAT: Creative iMedia in the media industry	1hr 30m	R093	OCR
	11th June	Tue	Combined Science Paper 5 Chemistry 2 (Both Tiers) Chemistry Paper 2 (Both Tiers)	1hr 10m 1hr 45m	1SCO 1CHO	Edexcel	History: Paper 3: Modern depth study (USA: Conflict at home)	1hr 20m	1HIO	Edexcel
	12th June	Wed					Level 2 Certificate Further Mathematics Paper 1	1hr 45m	8585	AQA
	13th June	Thur					National EXAM CONTINGENCY - Afternoon. All Y11 students must be available to attend school if required here.			
	14th June	Fri	Geography Paper 3: Geographical skills	1hr 30m	J383	OCR	Combined Science Paper 6 Physics 2 (Both Tiers) Physics Paper 2 (Both Tiers)	1hr 10m 1hr 45m	1SCO 1PHO	Edexcel
	17th June	Mon					Music GCSE	1hr 30m	8271	AQA
	18th June	Tue	Design and Technology: Component 1	2hrs	C600U10	WJEC				
1	19th June	Wed	Food Preparation and Nutrition Paper 1	1hr 45m	8585	AQA				
			Level 2 Certificate Further Mathematics Paper 2	1hr 45m	8365	AQA				
	20th June	Thur	Unit 1 The Hospitality and Catering Industry 603/7022/1	1hr20m	5409UB0-1	WJEC				
	21st June	Fri								
2	24th June	Mon								
	25th June	Tue								
	26th June	Wed	National EXAM CONTINGENCY -All Day. All Y11 students must be available to attend school on this day if required here.				National EXAM CONTINGENCY -All Day. All Y11 students must be available to attend school on this day if required			



WE'RE GETTING INVOLVED WITH  
NATIONAL CAREERS WEEK 2024.  
ARE YOU?

#NCW2024

National Careers Week  
**NCW**

Headline Partner:  
 NatWest Group

## National Careers Week 2024: 4th - 9th March

“  
ALTHOUGH A CLICHÉ, YOU  
REALLY ARE YOUR OWN  
LIMITATION. YOU CAN GO AS FAR  
AS YOU THINK YOU CAN GO.”

SAAHIRAH AHMED, APPRENTICE

This week is National Careers Week. Have you thought about your FUTURE, and what OPPORTUNITIES exist for you? If not, why don't you click on some of the links below and MAKE A START! What are you waiting for...?

**Virtual Careers Fair:**

<https://ncw2024.co.uk/>

**Careers ideas and information for your future:**

<https://icould.com/>

**Search job profiles:**

<https://nationalcareers.service.gov.uk/>

Ms Dempster



**YOUR FUTURE STARTS HERE.**

**YOUR FUTURE CAREER STARTS HERE.**

#NCW2024

THE CAREERS & ENTERPRISE COMPANY | worldskillsuk | YOUNG ENTERPRISE | NHS Careers | National Careers Service | UKH | NCW

# WORLD BOOK DAY

## Book swap

On **Thursday March 7th** bring a book to school that you no longer want, head to the library at break or lunch then choose from a selection of books to swap yours with.

# BOOKFLIX

Reading champions  
of the week:

# 7L



# World of Work Event

Students in Year 9 took part in the WORLD OF WORK event on Wednesday 28 February.

Thank you to all the 25 volunteers who gave it time to speak to students about their career, organisation and what skills employers are looking for. Employers commented on hearing some 'fantastic probing questions' so well done Year 9.

*Ms Dempster*





# Summer 6 Help make that difference Volunteering

**NHS**  
Northern Care Alliance  
NHS Foundation Trust

**NHS** Join Britain's best loved public service this summer to gain some valuable experience volunteering with us. Open to students 16-20

## Examples of Tasks

- Activities with patients
- Brewing and chatting with patients
- Small tasks on busy wards
- Wayfinding visitors/patients
- Collecting/delivering Notes
- Wheelchair assistance
- Queries
- Pharmacy runs
- Collecting feedback

**Responder Meet & Greet Volunteers**

**Patient/Ward Support Volunteers**



Scan to apply



## Egg-cellent Attendance Prize

Each week we will be giving away an Easter Egg to one student who has achieved 100% attendance the previous week. Names will be drawn at random. You've got to be in it to win it!

*Mrs Briggs*



## Charity Events Easter Chicks!!

In the next few weeks we will be selling Easter Chicks to help raise vital funds for Francis House. The chicks will be £2 each and will be sold at break times only, a message will be sent out on class charts when they are available.

*Mrs Thompson*



**£2.00**  
EACH CASH ONLY



## FSM Food Vouchers

Easter food vouchers have now been allocated and sent out via email. Please do not hesitate to contact me if there are any issues.

*Mrs Thompson*

## Red Nose Day Friday 15th March

There will be a bake sale on Friday 15th March in the Friarmere Undercroft area, if you would like to bake or donate some cakes please see Mrs Thompson. More information will be in next week's bulletin about other exciting events we have planned to help raise money for Comic Relief.

*Mrs Thompson,  
Charity Co-ordinator*



# LUCKY NUMBERS CLUB



Congratulations to our Lucky Numbers winner

**February Lucky Number Winner £70**

**Max Wren (7E)**

**106**

New members for this month are:

Name	Form	Number
Finlay Hill	9N	144

You can still join our Lucky Numbers club for March, please see parentpay for more details.

Our next fundraising event will be our Second-Hand Indoor Market on Sunday, 24th March.

Please see the advert if you wish to sign up for a stall or come along on the day to bag yourself a bargain. Our pop-up café will be open all morning in the dining room for refreshments.

Many thanks for your continued support.

*Friends of Saddleworth*

## DIGITAL SATURDAYS

## Oldham Libraries

Digital arts charity Peshkar are offering free workshops for 7-11 year olds across Oldham Libraries and invite you to get involved.

Workshops will be held throughout February and March at Uppermill, Limehurst and Crompton Libraries and cover a range of art forms such as theatre, photography and soundscaping.

Young people and their parents/carers are welcome to attend as many workshops as they like, and the work created will be showcased and celebrated at the 'Oldham Digital Festival' on Saturday 16 March 2024 at Oldham Library.

Places are limited and booking is advisable. For more information and to book your place visit the links below:

[Limehurst Library - Free Arts and Photography Workshops](#)

[Uppermill Library - Free Theatre Arts Workshops](#)

[Crompton Library - Free 'Sounds of the Library' Workshops](#)

*Mrs Briggs*




# Second Hand Indoor Market

**9.00AM - 1PM ON SUNDAY 24TH MARCH**  
**AT SADDLEWORTH SCHOOL**  
**HUDDERSFIELD ROAD, DIGGLE OL3 5NU**  
**ENTRY - ADULTS £1 / CONCESSIONS 50P**

**STALLS ARE STRICTLY BY ADVANCE BOOKING ONLY**  
**SECOND HAND STALLS - £15 BUSINESS STALLS - £25**  
**TO BOOK A STALL VISIT**  
**[HTTPS://BUYTICKETS.AT/FRIENDSOFSADDLEWORTHSCHOOL](https://buytickets.at/friendsofsaddleworthschool)**  
**OR SCAN THE QR CODE BELOW**



**Free parking Refreshments available**  
**Proceeds in aid of Saddleworth School**

HEYWOOD AMATEUR OPERATIC & DRAMATIC SOCIETY PRESENTS



THE NEW MEL BROOKS MUSICAL  
**YOUNG  
FRANKENSTEIN**

BOOK BY MEL BROOKS & THOMAS MEEHAN  
 MUSIC AND LYRICS BY MEL BROOKS  
 ORIGINAL DIRECTION AND CHOREOGRAPHY BY SUSAN STROMAN

**MIDDLETON ARENA**  
 12TH - 16TH MARCH 2024  
 7:30PM NIGHTLY (2:15PM SATURDAY)  
[yourtix.co.uk](http://yourtix.co.uk) / 0300 303 8633

This amateur production is presented by arrangement with Musical Theatre International  
 All authorised performance materials are also supported by MTI. [www.MTIshows.co.uk](http://www.MTIshows.co.uk)






Starring our very own Mrs Powell – get your tickets today its going to be a fabulous show!



# Saddleworth Champions of Oldham 2024



Year 9 and 10 beat Bluecoat in two exciting games.  
The Year 10s won 20-18 in a thrilling and physical game.  
Molly Hirst won POM yet again.

Year 9s won convincingly with a strong performance 21-11.  
POM Maisie Felstead ! Congratulations to all the girls.  
We are super proud of you.  
*Miss Kipling & Mrs Bentley*



## Spring- PE Extra-Curricular Clubs 3-4pm



Area	Monday	Tuesday	Wednesday STAFF CPD	Thursday	Friday
Astro	Year 7 Boys Football (ACY/JRY)	Year 8 Boys Football (ACY)		Year 9 Boys Football (LAN) NFL Flag Football (JRY) Astro	
Sports Hall	Year 8 & 9 Netball (ABY)	Dodgeball All Years (CKG)		Year 7 Netball (GWK/JCH)	Basketball All Years (GMG)
Grass	Girls Football (FSW)		Year 9 Girls Rugby with Jack Burns	Year 7 Rugby (GMG)	
Activity Suite	Dance (JCH)				

Tuesday 3-4pm Year 11 GCSE PE Coursework Catch Up sessions in F208 with Miss Charlesworth  
Friday 8-8.30am (starting on Friday 15<sup>th</sup> March Year 11 GCSE PE revision sessions (Paper 1 + 2 Content) with Mr Melling in Q006 (Breakfast snacks provided)





# OPEN DAY

SADDLEWORTH RANGERS RLFC

Sat 9 March 2024

10.30 am



EVER FANCIED TRYING RUGBY LEAGUE?  
KEEP FIT - MAKE NEW FRIENDS - LEARN A NEW SKILL

Interested? Contact 07986 761556

SHAW HALL BANK RD OL3 7LD

12's to 16's

GIRLS LEAGUE



£10 ADULTS  
£5 UNDER 16

GET TICKETS NOW!



LIVE MUSIC  
ON STAGE!



SPONSORSHIP  
OPPORTUNITIES

IN MEMORY OF THOSE AFFECTED BY THE MANCHESTER ARENA BOMBING

# MANCHESTER REMEMBERS

CELEBS ♥ LEGENDS



@MCRREMEMBERS



SUNDAY 28TH JULY 2024 - OLDHAM ATHLETIC

# Most Improved Conduct and Attendance Awards for Key Stage 3

Well done to all the students who received a certificate and a treat.

Mr Carey



## Credits: Top 5 Students

Year 7	Year 8	Year 9	Year 10	Year 11
Dima Faikun	Nathan Bennett	Ellen Howarth	Oscar Shaw	Samuel Bell
Jacob Field	Rowan Brison	Charlie Fallows	Alice Winfield	Elinor Byrne
Oscar Bundy	Sam Bennett	Sophie Couper-Barton	Matthew Whetham	Nicole Blyden-Topping
Imogen Heginbotham	Thea Jackson Taft	Olive Heathcote	Connor Watson	Oscar Plowright
Imogen Moffat	Oliver Horn	Daisy Pope	Maya Bibby	Joe Considine

This week, these students are in the top 5 for credits in their year group. These students have demonstrated they are ready, responsible and respectful and have gone above and beyond in their lessons all week.

Mr Carey

## Assemblies

Day	Date	Staff	Year	Time	Assembly Theme
Monday	4th March	-	11	8.30 – 9.00	No Assembly
Tuesday	5th March	Mr Tuck	10	8.30 – 9.00	Exams Assembly
Wednesday	6th March	Miss Dempster	9	8.30 – 9.00	National Careers Week
Thursday	7th March	Miss Dempster	8	8.30 – 9.00	National Careers Week
Friday	8th March	Miss Dempster	7	8.30 – 9.00	National Careers Week



Ref: MAN/ARE

16 February 2024

Dear Parent/Carer,

I am writing to inform you of a vacancy for the role of parent governor on our governing board.

### **The role of the governing board**

The school's governing board is responsible for providing confident and strategic leadership, and creating robust accountability, oversight and assurance for the school's educational and financial performance. The board is passionate about education and committed to continuous school improvement to ensure the best possible outcomes for our pupils.

### **The role of a parent governor**

As a parent governor, you'll work with the board to ensure it effectively carries out the duties referred to above. You'll also play a vital role in ensuring that the board is connected with, and is aware of the views of, parents and the local community.

To be a parent governor you should have:

- A strong commitment to the role and to improving outcomes for children
- Good inter-personal skills, curiosity, and a willingness to learn and develop new skills
- The specific skills required to ensure the governing board delivers effective governance

### **Expectations of governors**

You will be expected to attend meetings, maintain confidentiality, be committed to training and development and visit the school on a regular basis.

### **How to apply**

If you're interested in applying for the role, please complete the candidate form attached to the letter and return to Angela Reece, [a.reece@saddleworthschool.org](mailto:a.reece@saddleworthschool.org) by 8 March 2024. If we receive more applications than there are vacancies, a secret ballot will be carried out. We will inform you closer to the time if we have to do this.

If you have any queries about this process or would like to find out more about the role, please contact the school.

Yours sincerely,



Mrs Rea  
Chair of Governors

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# Nomination Form

## Election of Parent Governor to Saddleworth School Governing Body

<b>Name of Candidate: (Ms/Miss/Mrs/Mr)</b>			
<b>Address:</b>			
		<b>Postcode</b>	
<b>Email Address:</b>			
<b>Acceptance Signature:</b>			
<b>Child/Children's Name:</b>			

Nominated by	
<b>Name:</b>	
<b>Signature:</b>	

Seconded by	
<b>Name:</b>	
<b>Signature:</b>	

Please type in the space below:

Statement from candidate:
<i>This will be published to all parents should we receive more nominations than vacancies.</i>

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# Managing Stress

Stress is an uncomfortable experience of pressure or worry caused by problems in your life. Stress can cause many different symptoms and may affect how we feel physically, mentally, how we behave and make choices. It is not always easy to recognise when stress is the reason you are feeling or acting differently.

This guide will give you some top tips so that you can take action to reduce the symptoms of stress in your life.

## 1. WARNING SIGNS, PART 1



Warning signs of stress include emotional symptoms such as anxiety, fear or loss of confidence and cognitive symptoms such as poor concentration, poor memory or repetitive thoughts.



## 2. WARNING SIGNS, PART 2

Warning signs also include physical symptoms such as excessive sweating, racing heart rate, headaches and muscle tension. Behavioural symptoms might include, poor sleep, irritability, drinking excessive amounts of coffee or alcohol or losing your temper.



## 3. UNDERSTAND YOUR TRIGGERS

Take time to reflect on situations which may be causing stress. Once you know what they are, you can begin to reduce your exposure to the stressors and/or manage the causes.



## 10. PRIORITISE WELLBEING

As a way of preventing stress, you should prioritise your wellbeing and be consistent about it. A one-off activity will have some impact, but it won't help you manage stress or maintain wellbeing in the long term.

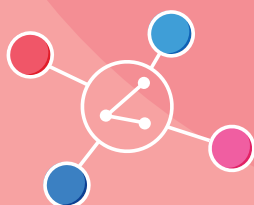
## 9. MANAGE YOUR TIME

Prioritising tasks, including emails and wellbeing activities, will be a crucial first step to change and taking control. Get someone to help you to keep on track with the change.



## 8. CHANGE YOUR PERSPECTIVE

Amend your thinking and expectations of what is possible or doable. Reduce the pressure on yourself by reframing the problem or accepting that not everything will be finished or perfect. Most of the time, good enough is ok.



## 7. USE YOUR SOCIAL NETWORK

Plan opportunities for fun and enjoyment with people you care about and who care about you. This could be sharing a new experience or an activity you enjoy doing together. Share and talk about your feelings too, sometimes that is all that is needed to cope.

## 4. TAKE CONTROL

Often stress symptoms are caused by feeling out of control. Not doing anything about the stress triggers or symptoms will make things worse, so start by understanding what you can and what you can't control.

## 5. MAKE HEALTHY CHOICES

Plan regular, healthy activities which will reduce stress symptoms. These will be a non-negotiable part of your week and a regular antidote to stress.

## 6. INDUCE CALM

Activities known to help induce calm range from deep breathing, meditation and mindfulness to walking, outdoor exercise or gardening.



**The National College**

This guide is part of  
The National College  
staffroom poster series  
A collection of information posters  
for your school staffroom.



### Meet the Expert: Anna Bateman

Anna Bateman, subject matter expert on mental health & wellbeing and school improvement adviser

The National College | Remote video CPD to empower school leaders & teachers

www.thenationalcollege.co.uk Email: support@thenationalcollege.co.uk Twitter: @TheNatCollege Facebook: @thenationalcollegeuk

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