



Friday 18th May 2018



# ROKEBY RECORDER

DARE TO BE THE BEST

## TIPS FOR COPING WITH EXAM ANXIETY

Exam anxiety is a type of performance anxiety in which fear of failure contributes to symptoms that interfere with your ability to perform well in an exam situation. If you suffer from exam anxiety, there are a number of coping strategies that you can employ. Below are few tips to help you cope.

**Prepare Well** - First, make sure that you are adequately prepared.

Studying for a test or exam will only increase anxiety, so give yourself enough time to learn material well, types of questions and length, so that there will be no last minute surprises.

**Watch Self-Talk** - When performance suffers because of test anxiety, it can be easy to fall into a downward spiral of negative thinking. Watch what you say to yourself and replace any negative thoughts with positive ones - *“Even if I don't do well, it's not the end of the world.”*



**Visualise Success** - While studying, imagine yourself feeling confident and clearheaded in the exam. Visualizing yourself doing well on the test can help you to make it happen in real life.

**Relaxation Strategies** - Use relaxation strategies in the weeks leading up to a test, and during the testing situation.

**Arrive Early** - Nothing will increase anxiety like the feeling of rushing to get to a test. Arrive at least 10 minutes early. If waiting for the test to begin makes you nervous, bring a magazine or something along to keep your mind occupied. Avoid people who are anxious before a test and do not second guess what you know.



**Focus During the Test** - Remember to take your time but check your watch to pace yourself. Before starting the test, do a quick review and read directions twice. Start with the easiest questions first.

**Reward Yourself** - Plan a reward for yourself after the test. Take some time to relax and clear your mind. Do not dwell on mistakes you may have made or worry about how you did. Whenever possible, give yourself a break before starting to study for another test.

## ESOL Courses at Newham Libraries

**Improve your skills at reading, written English, and numeracy.**

Newham's Community Neighbourhoods are providing free English language skills training for Speakers of Other Languages (ESOL).

Ask at any Newham Library about booking an appointment to assess your current level of English, you will then be enrolled on a free 12 week course, of an appropriate level, to help you quickly improve your skill level and confidence.



All assessments and classes are relaxed and friendly and will take place in one of Newham's libraries and are taught by fully qualified and experienced tutors.



You need to be over 19 years of age and have lived in the UK or the European Union for the last three years. Alternatively you will need to hold a valid visa that covers the length of your training.

*Our Values: Respect, Success, Passion for Learning, Personal Challenge, Harmony*

## THOUGHT OF THE WEEK:

“Forgiveness is not an occasional act, it is a constant attitude”

# Cyber First

With the support of some of the UK's top universities and organisations, Small Piece Trust <https://www.smallpeicetrust.org.uk/> is giving students the chance to step out of the classroom and onto a university campus to build their skills with our fully-supervised Ignition, Momentum or Cyber First courses.

Apply online: <https://www.ncsc.gov.uk/information/cyberfirst-courses>

Location: London

Dates: **06/08/18 to 10/08/18**

### What sort of activities will my child do?

No matter what course your child chooses, they'll be encouraged to work in small groups on design-and-build projects to put their engineering skills and knowledge to work. It's a great way to challenge and build communication, problem solving and presentation skills. From time to time, they may also go off-campus on site visits, but they will be fully supervised.

### How safe will they be?

The safety and security of students is their first priority. That's why all of their staff are fully trained, DBS checked and qualified in First Aid.

Please come and see Mr. Milki for more information.

  
smallpeice  
Dare to imagine



**Tuesday 22nd May**  
\* Parent Information Session - resources to support learning at home (9.45am)

**Thursday 24th May**  
\* Year 11 Graduation

**Friday 25th May**  
\*Parents' Coffee Morning (9.45 am)

**Monday 28th May – Friday 1st June**  
\* Half Term Holidays

## Attendance & Punctuality

### Best Attendance

**7R – 100%**

### Best Punctuality

**7B – 100%**

#### Did you know:

90% attendance = 1/2 day missed every week.

90% attendance over one school year = 4 whole weeks of missed lessons!



Students do not require log-ins but do need to register at [www.GCSEpod.com](http://www.GCSEpod.com) and then click on 'new here get started' or 'forgotten log in details'.

There are plenty of opportunities for parents & carers to come into school, to meet staff, ask questions or to raise any concerns. Please look out for our Parents' Calendar which is always sent with our Headteacher's letter at the start of every half-term. This details all our events including our regular coffee mornings, Parent Information Sessions and meetings in various different languages. Our coffee mornings take place every other Friday at 9.45am. Our next one will be on Friday, 25th May 2018.



## WORD OF THE WEEK

This week our word of the week is ...

## Manipulate

Can you find the meaning of this word and make a sentence? Once you have, come to the library and see Ms Hendrickson for an achievement point.



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**Accelerated Readers have read 1,683 books and 32,406,083 words**