



## Weekly message for Greenhead College students and parents/carers

**Friday, 1 March 2024**



Dear all,

I hope this week has gone well for everybody.

In particular, I hope this week's mock exams went smoothly for our A2 students. A reminder that marks/grades will be available from **11.00 am** on **Thursday, 14 March**.

Here are this week's messages:

### **M+P Week 2**

Mental and Physical (M+P) Weeks run as part of our wider Mental Health and Well-being Framework and next week it is **M+P Week 2**, which starts with an INSET day.

**Can I therefore remind students there are no classes on Monday, 4 March.**

M+P Weeks are intended to highlight to students the importance placed on well-being by the College and our understanding of the relationship between well-being and academic outcomes. Week 2 is purposely meant to be a 'non-activity' week and in the classroom teachers/tutors will be focusing on the well-being of A2 students post mock exams and checking in with A1 students.

They will also be sharing findings and ideas shared by students in the recent mental health and well-being survey, letting students know of any adjustments that have been made as a result of this, and reminding them of support that is available in College.



### **Young Carers' Group**

Are you a young carer?

The Young Carers' Group meets **every Monday lunchtime** in **C2** in the Conway Building (near the Careers department). It is a small, friendly group, run by Teresa O' Gorman, who is our young carers contact in College. Teresa can be contacted over Teams or email ([togorman@greenhead.ac.uk](mailto:togorman@greenhead.ac.uk)).

Young Carers' Action Day is taking place on **Wednesday, 13 March** this year. We will be having a stand in the main social area where students can come along and say 'hello'. We will also have leaflets and information to hand out.

Am I a  
young carer?

Young Carers' specific group in college is held every Monday in C2 (Conway) from 12:35-13:35 with Teresa. For further information please contact [togorman@greenhead.ac.uk](mailto:togorman@greenhead.ac.uk)

- Are you under 18?
- Do you regularly support someone with...
- Emotional support
- Financial management
- Practical support
- Housekeeping
- Medical appointments /administering medication
- Shopping
- Personal care
- Preparing meals and or cooking

If you are under 18, and regularly help with any of the above tasks for a relative with a disability, illness, mental health condition, or drug or alcohol problem, you are a young carer

## Recent fundraising

Last Thursday, we raised a total of £160.71 during our 'Wear a Rainbow' day (see *below*). These funds will go to The Brunswick Centre, a registered charity that offers an invaluable suite of services and projects to communities in Kirklees and Calderdale, enabling people to make informed choices, build healthier relationships and live positive lives free of stigma through improving outcomes for service users in our local community.



Students also raised as total of £125.05 for their World Challenge trip to Nepal (see *below*).



### **College opening time**

A reminder that the College opens at **7.30 am** each morning. Unfortunately, we cannot open the campus to students before this time.

### **Greenhead Park**

Could I please ask that students do not pick any of the flowers in Greenhead Park. These flowers are for the benefit of all users of the park and not for own personal use.

### **Academic skills weekly top tip**

This week we are encouraging you to revise in a quiet environment without any music.

Research shows that music can impact on academic performance. With some types of studying it can be beneficial but when doing complex tasks, such as revision or learning new things, it generally impairs performance.

Complex tasks tend to require more of your attention to perform them well and listening to music can mean you experience 'attentional conflict', that is, the music acts as a distraction to the main objective, the learning. Almost all research in this area has shown that problem solving and recall tasks are performed better in silence than with any kind of background noise.

Research has demonstrated that students who revised in quiet conditions performed over 60% better in an exam than their peers who revised listening to music that had lyrics. This is because music, especially with lyrics, can take up processing space and this conflicts with the material you are trying to learn. (Perham & Currie, 2014.)

Research also suggests that listening to music while studying can reduce working memory capacity. If you already have a tough time manipulating multiple pieces of information, listening to music could make this process even more challenging. (Lehmann & Seufert, 2017.)



The good news is that music can be beneficial for other aspects of study. Listening to high tempo music can improve arousal levels, so listening to it before studying can increase motivation. A study by Schellenberg et al. (2007) showed that listening to preferred music before doing the task has a positive effect on cognitive task performance. Listening to loud music or complex music has been shown to facilitate performance with simple tasks and reduce the likelihood of mind-wandering. (InnerDrive Ltd, 2022.)

Listening to your favourite songs as a reward for challenging work can lead to happiness, producing dopamine in the body and this can have a positive effect on the next phase of study. Specifically, listening to classical music has been found to enhance the areas of the brain associated with dopamine secretion, learning, and memory and to reduce stress.

So, plan your music to reflect this and turn it off when you start your next revision session.

Best wishes to you all,

Simon Lett, Principal