

Weekly message for Greenhead College students and parents/carers

Friday, 12 April 2024



Dear all,

Welcome back and I hope this first week of the new summer term has gone well for everyone. Our A1 students are gearing up for next week's all-important progress assessments. (There's a separate section about this later in this message.) The A2s are now undertaking monitoring with their Personal Tutor, which affords an opportunity for students to reflect on their academic performance ahead of the final exams which start next month.

Here are this week's messages:

MESSAGES FOR ALL STUDENTS AND PARENTS/CARERS

Huddersfield Railway Station

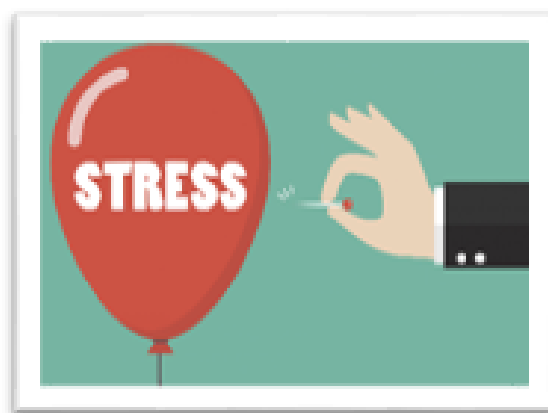
I am sure that many students and parents/carers will be aware that significant works are taking place at Huddersfield Railway Station. At the end of last term, I met a representative from Network Rail to hear a bit more about the planned changes.

- The first major disruption which will impact on Greenhead College students will be on the following dates:
 - **22 April to 26 April**
 - **29 April to 3 May**
 - **7 May to 10 May**
 - **13 May to 17 May**
 - **20 May to 24 May.**

- The two major dates of concern are **w/c 13 May** and **w/c 20 May**, as these will potentially impact on exams for A2 students.
- We understand that the routes affected will be:
 - **Huddersfield to Dewsbury and on to Leeds,**
 - **Halifax to Brighouse to Dewsbury and on to Leeds,** and
 - **Manchester to Huddersfield.**
- Huddersfield Railway Station will still be open during these periods but anyone who uses the rail service from **Leeds, Dewsbury and Manchester** will have to use a **rail replacement bus service** to get to the station.
- We understand the other routes will be operating as normal.
- The rail replacement bus services will operate a different timetable to the current rail timetables, so it will be important for students to check travel times very carefully.
- The key questions to ask when looking at your rail replacement timetable are:
 - **Will this service get me to College on time?**
 - **Is there an alternative mode of transport I can use?**
- These questions are especially important if you are an A2 student and have an exam w/c 13/5 and/or w/c 20/5. Remember, these are national exams, so we cannot move the dates and times of these. Therefore, it is crucial you plan ahead by carefully checking your exam timetable, the time of your rail replacement bus service, and make alternative travel arrangements if you feel this will be necessary.
- If you have done this and you feel there isn't a route which can get you to College, you must let your Personal Tutor know.
- There will be further rail replacement bus services operating on dates tbc in **June/July**. More details will follow on this in due course.

Academic skills weekly top tip

This week, we are encouraging you to take steps to actively manage exam stress.



Exam stress is that intense pressure you feel when you want to succeed but find the demands overwhelming. You may feel unprepared for the exam or be worrying about how to revise everything. You may be anxious about how you will perform during the exam. You may feel pressure from others or from

yourself to get certain grades. All these feelings are normal, and you are not alone if you are experiencing them.

When experiencing exam stress, it can be difficult to concentrate, think clearly, and recall information. This can lead to decreased performance, even if you have adequately prepared for the exam. If you want all your hard work and effort to pay off, you need to take action to reduce your stress levels, so you can perform at your best on the examination day.

Our tips to reduce stress:

- Create a **revision plan** so that you can see clearly what you need to do.
- **Prioritise topics** that are the most challenging or that you need to work on.
- **Think positively** and do things that make you smile and laugh.
- Check in with your **friends** – support one another and be encouraging.
- **Exercise** – endorphin release can be a great stress buster, helping to lift your mood and lessen worries. Take a walk, skip, run, do some sit-ups or dance.
- Make time for things you enjoy so that you find time to **relax** and **reinvigorate**.
- Your **diet** matters – eat nutritious food and don't skip meals. Try some new healthy recipes so you have something to look forward to.
- Try to get good quality **sleep** – eight hours uninterrupted is ideal. Stop revising at least one hour before bed to wind down and switch off.
- Reduce **high sugar** intake to avoid 'sugar crashes' – occasional sweet treats make us all smile but too much sugar will leave you with fatigue.
- Clear up the **clutter** – having a well-organised room, bag and folders can reduce stress.
- Speak to people if you feel stressed and ask for support if it is needed. Preparing for exams can be very isolating as it is a solo task, but you should **ask for help** along the way from your Personal Tutor, your teachers or our support staff.

If you would like to speak to an academic skills mentor in College about your exams, please use this link to [book an appointment](#).

Culture day

Culture Day will be taking place on **Thursday, 25 April** and will be a time for students to celebrate the diversity within our College.

If you would like to audition to perform or get involved in the runway, please send a video of your performance to executiveofficers@greenhead.ac.uk.

The deadline for this is 21 April.

CULTURE DAY 2024 25TH APRIL



If you would like to audition to perform, or get involved with the runway, please contact the email below:

executiveofficers@greenhead.ac.uk

DEADLINE: 21st April

LUNCH
HIRST
PERFORMANCES in Main Hall
RUNWAY in Main Hall
STALLS
PHOTOBOOTH
SNACKS



MAKE SURE TO
COME IN CULTURAL
CLOTHING



Latest sporting fixtures

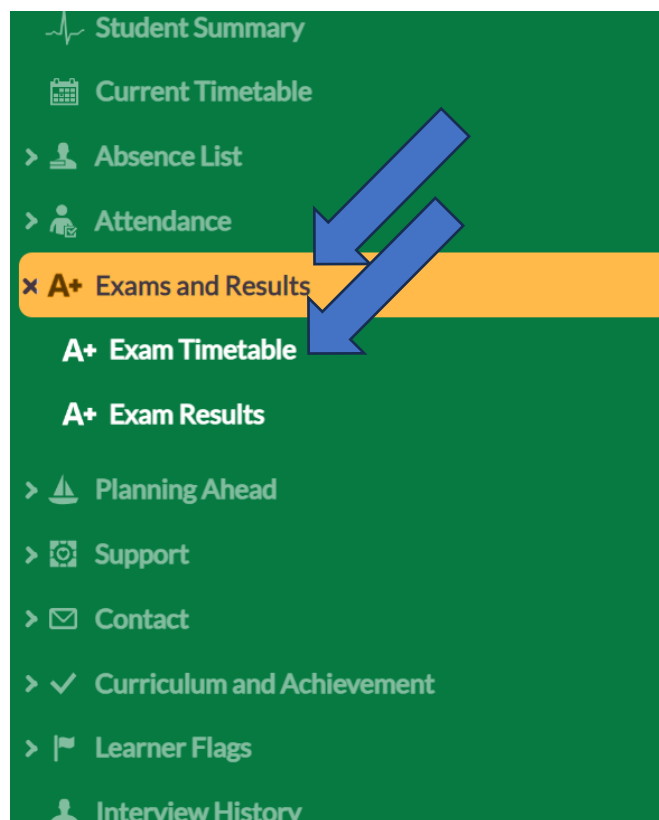
Here is our latest enrichment scorecard:

GC Team	Score	Opposition	Score
Men's Football First Team	0	Bishop Burton College	3
Men's Football Second Team	0	Kirklees College	2

MESSAGE FOR A1 STUDENTS AND PARENTS/CARERS

Progress assessments

Can I remind A1 students that progress assessments will be running from **Monday to Thursday** next week. Please check your assessment timetable on Cedar, as this will show you where you need to be for each subject you study. (I can confirm this link is now working – *please see below.*)



Although you only need to attend College for your assessment, you are also welcome to use the library or study areas for revision.

Further information regarding the progress assessments was outlined in my [assembly](#) before the end of term.

Please also note that students will be set work for **Friday, 19 April**.

MESSAGE FOR A2 STUDENTS AND PARENTS/CARERS

Friday, 19 April

A reminder that students will be set work on the above date.

Best wishes,

Simon Lett,
Principal