



## St. Ninian's HIGH SCHOOL

Scoil Ard Noo Ninian

12<sup>th</sup> December 2023

LOWER SCHOOL (Years 7 – 9)

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UPPER SCHOOL (Years 10 – 13)

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HEAD TEACHER Mr C. J. Coole

Dear Parent/Guardian

### Re: Year 10 - End of Autumn Term

The Christmas break is fast approaching.

Year 10 have had a productive term settling into their courses, building relationships with staff, developing their skills and completing assessment tasks. They have been a real credit to themselves and a pleasure to deal with.

The New Year will bring further challenges, year 10 have mock examinations in English, Mathematics and Science during the week beginning 22<sup>nd</sup> January, this will be the first time students experience the formal examination process.

The upcoming Christmas break will be welcomed by students. It is important that they de-stress, unwind and relax as much as possible but they will need to balance this with a sensible approach to preparing for their mocks. Each individual student is different, their needs and their personalities will mean some may try to work too hard, whilst some will need to try a bit harder! As parents you will know what is best for your child and what approach should be taken over the two week holiday.

One piece of advice we give to student is to plan in advance what work they are going to do and how much time they are going to commit to it – then stick to it rather than relying upon motivation. We also recommend keeping a clear distinction between working and not working. All too often young people spend long periods of time with a foot in two camps with their work books open but with many other distraction taking place at the same time – this results in them thinking they have spent ages revising but with little effect, this only adds to stress and impacts on quality down time.

If you have any questions or concerns about your child, their courses or any upcoming assessments please do not hesitate to contact the pastoral team via [SNHSEnquiries@sch.im](mailto:SNHSEnquiries@sch.im) or examinations team via [SNHSExams@sch.im](mailto:SNHSExams@sch.im)

May I take this opportunity to wish you and your family all the very best for the holiday period and 2024.

Yours faithfully

Mr T N Smith  
Deputy Head Teacher

*Live to Learn*  
*Learn to Live*