



26/02/2024

Support during mock examinations

Dear Parents / Carers,

As you may know, today marks the start of our year 11 learners' mock GCSE examinations. While this is a crucial step in preparing them for the summer GCSEs, it can also be a source of stress for some learners. At Beacon Hill Academy, we understand this and have implemented a support system to assist learners who may need it over the next three weeks. The table below details the support available to year 11 students and when they can access it:

Name	What	Who	Where	When
Who's for breakfast?	Go to the SSC and grab some toast, cereal and a drink – completely free! Either take it away with you (toast only) to your morning session or you can stay in the SSC if you wish for a relax.	Mrs Price	SSC	Every morning 8 – 8.30am
Mindful mornings	Feeling stressed? Or worried? Need some calming or relaxation techniques to help you before your exams? Go along and get some support and advice on how to stay calm from our mindfulness coach Mrs Perkins.	Mrs Perkins	C1	Tuesdays and Fridays 8 – 8.30am.
Quiet Time!	Need somewhere peaceful and quiet to sit in the mornings and look over your books or revision before school? Then look no further!	Miss Robinson	B1	Tuesday - Friday 8 – 8.30am
Feeling stressed? Need to talk?	Mr Sloane is trained in active listening to support people if they are feeling anxious or stressed and want to talk it through. If you feel this would be of benefit to you pop along to B10 for some support during the mornings.	Mr Sloane	B10	Tuesday to Friday 8 – 8.30am
Need a pep talk?	Do you need some motivational words before your exam? Do you just want to talk to someone? Do you want someone to give you some last-minute advice and support – Mrs Aujla is your lady!	Mrs A Aujla	B3	Tuesday - Friday 8 – 8.30am
Lunchtime relax	The library will be open for year 11's at lunch time to sit and relax away from the rest of the school so you can revise, or you may just want to sit somewhere quiet to relax before your next exam. If you have an early lunch, the library will also be open during the early lunch session between 12.30pm and 1pm for you.	Miss Rowlands	E4	Every lunchtime during mock examinations

Year 11 learners have been informed about the details mentioned above during assemblies. Their form tutors have a copy of this information in their tutor rooms for daily access if required. We encourage you to review this with your child and keep it safe at home for future reference.

Should you observe signs of stress or anxiety in your child that seem beyond the usual, please reach out to Mrs. J Reason, the Head of Year 11. Mrs. Reason is always available to provide support, guidance, or refer to additional agencies as necessary. Our commitment is

Beacon Hill Academy

High Arcal Drive, Sedgley, Dudley, West Midlands, DY3 1BP

T: 01902 677754 E: info@beaconhillacademy.org.uk

W: www.beaconhillacademy.org.uk

Principal: Sukhjot Dhani



to ensure that the GCSE process is as supportive and seamless as possible, facilitating the best possible outcomes for all of year 11. Please don't hesitate to contact us if you have any concerns about your child for any reason.

Thank you for your continued support,

Mrs H Shingler

Assistant Principal.



Sponsored by
Dudley College of Technology

