

## Principal's Bulletin

02 May 2025

### Fuelling Success

Our Year 11 and 13 students are working hard for their GCSE and A-Level exams. To help them stay happy, safe, and well, and achieve their best, we're focusing on their mental health and wellbeing. Here's how we're supporting them, and how you can help:

We're providing a free, nutritious breakfast each morning to ensure students are well-fuelled for their exams.

#### Beyond the Breakfast Table: Tips for Success

To complement this, we encourage students to establish a balanced routine that prioritizes:

- **Effective Revision:** Encourage students to create a structured revision timetable with active recall, regular breaks, and varied study methods.
- **Rest and Recharge:** Remind them that 7-9 hours of quality sleep is essential. A relaxing, screen-free bedtime routine improves sleep.
- **Healthy Diet:** A balanced diet with fruits, vegetables, whole grains, and lean protein provides energy and supports brain health. Staying hydrated is key.
- **Stress Management:** Mindfulness, meditation, and exercise can help students manage stress.

We are committed to supporting our students. If you have any concerns about your child's mental health during exams, please email us at [admin@gateacre.org](mailto:admin@gateacre.org).

### I don't like cricket; I love it!

Northern Schools Trust is enhancing student development by investing in rugby and cricket facilities to broaden sporting opportunities and foster resilience, teamwork, and leadership.

Our enhanced enrichment offer now provides accessible, high-quality coaching:

- **Monday Mornings (8:00 AM - 8:30 AM):** Pre-school cricket sessions.
- **Thursday Afternoons (3:15 PM - 4:15 PM):** After-school cricket program (open to local primary schools, strengthening community connections).

We are privileged to have former Lancashire County Cricket Club players among our staff at Gateacre, who provide coaching to ensure our pupils have the best experience.

Their expertise and passion will inspire our pupils to achieve their full potential.

These initiatives reflect our commitment to a well-rounded education, empowering students to excel. To find out more and get involved, please contact [c.hill@gateacre.org](mailto:c.hill@gateacre.org).



### Our Exciting Upcoming Pupil Experience to L'Estartit Costa Brava, Spain!

We are delighted to offer our students the incredible opportunity and experience to join this summer's trip to L' Estartit Costa Brava, Spain.

The trip will challenge pupils to step outside of their comfort zones with activities such as snorkelling, kayaking, windsurfing, and mountain biking, all which will develop independence, resilience, and confidence within a supportive environment.

At Northern Schools Trust, we believe that experiences outside the classroom are vital to our pupils' character development.

Speaking to one of our pupils, he remarked:

*"I have never left the country and haven't experienced water sports except for when seeing it on TV and films. I am nervous but incredibly excited and grateful for the opportunity. I can't wait!"*



### DATES TO REMEMBER

03 May 2025  
 World Press Freedom Day

08 May 2025  
 VE (Victory in Europe) Day

09 May 2025  
 Europe Day

### Word of the Week

## Integrity

*[/lhn - teh - gruh - tee]*

The quality of being honest and having strong moral principles that you refuse to change

### ★ Pupil G.R.E.A.T ★

Freya and Oscar in Year 11 have made great progress since their autumn mock exams. Hard work & dedication will be rewarded!