

# NEWSLETTER

Term 5, Issue 3

01 MAY 2026

## Key term dates

22 May 2026 - End of Term 5

## Stay Up to Date

For a full breakdown of daily activities and club timings, please visit our website.

## TWS School Calendar

## TWS Extra-Curricular Clubs- Term 5

Note: For detailed weekly event schedules, please refer to the dedicated section later in this newsletter or check the school website.

For our new school meals menu, please visit our website:

## School Meals



## CONTACT US

Email: [tw\\_admin@swale.at](mailto:tw_admin@swale.at)

Telephone: 01227 931300

Option 1 - Attendance

Option 2 - Pupil Admissions

Option 4 - Main Reception

To report an absence or other attendance enquiries:

Email: [tw\\_attendance@swale.at](mailto:tw_attendance@swale.at)

Stay informed, follow us for weekly updates, school news and student highlights.

[@TheWhitstableSchool](#)

**NEXT WEEK - A TIMETABLE**

## Events Schedule (May 04 – May 08, 2026)

<b>DAY</b>	<b>EVENT</b>
<b>Monday 4<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• Bank Holiday</li> </ul>
<b>Tuesday 5<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• Art /Textiles Exams YR13</li> <li>• Health and wellbeing comp 3 Exams YR11</li> </ul>
<b>Wednesday 6<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• Art/Textiles Exams YR13</li> <li>• STEM Event YR7 - Royal Navy</li> <li>• Shakefest 15:10 - 16:30</li> </ul>
<b>Thursday 7<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• Sport Component 3 Sport and Physical Act Exams YR 11</li> <li>• Art/Textiles Exams YR 13</li> <li>• Developing a Marketing Campaign Part A Exams YR 13</li> <li>• Citizenship paper 1 Exams YR 11</li> <li>• STEM Event YR7 - Royal Navy</li> <li>• Stage Academy 15:10 - 16:30</li> </ul>
<b>Friday 08<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• Drama Exams YR 11</li> <li>• Developing a Marketing Campaign Part B Exams YR 13</li> </ul>

## A Friendly Reminder: School Parking & Safety

We would like to say a huge thank you to the many parents and carers who help keep our school gates safe by parking considerately during the busy morning and afternoon runs. To ensure the safety of all our children and to keep the school running smoothly, we would like to kindly share a few reminders regarding our site:

**Staff Car Park:** We ask that parents please refrain from using the staff car park. Keeping this area restricted to staff helps us manage the flow of people and vehicles safely.

**Car Park Gates:** Please ensure that the entrance to the car park remains clear at all times. Even a few minutes of parking here can block essential access.

**Disabled Parking Bays:** These spaces are vital for our Blue Badge holders and those with specific accessibility needs. We would be very grateful if you could keep these bays free for those who truly need them.

We understand that parking near the school can be a challenge, but your cooperation makes a world of difference in keeping our students safe. Thank you for your continued support and understanding!

# Are You on TRACK?

# TRACK

### TRACK Winner: Penny (Year 7)

Congratulations to Penny for his outstanding effort this week!

By following our **TRACK** values and earning numerous positive points.

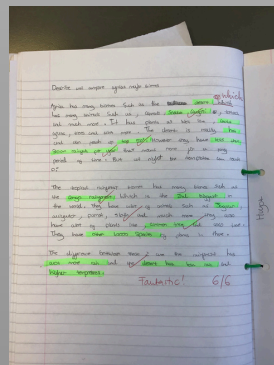
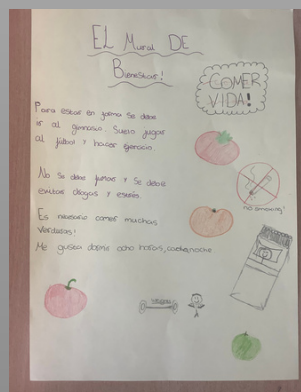
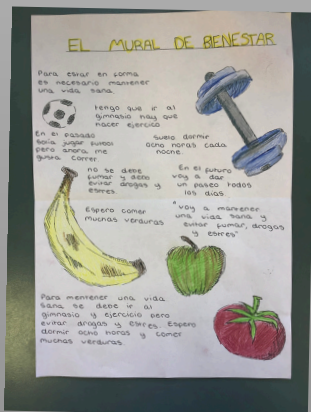
### Book of Commendation: This Week's Winners

#### Year 7

**Hugo-** for his sophisticated comparisons of major African biomes.

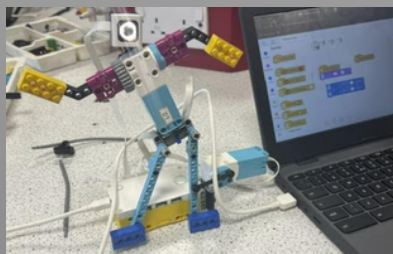
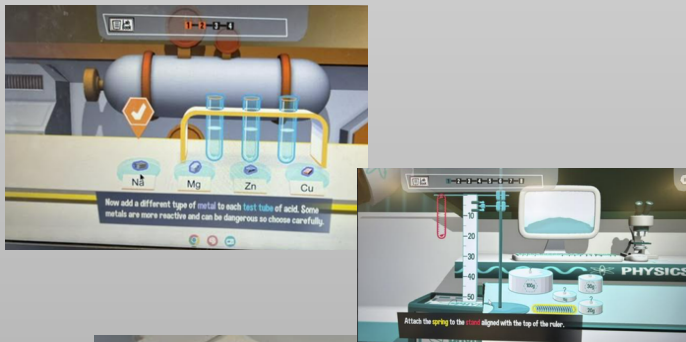
#### Year 9

Our Year 9 Spanish students have been busy promoting "la vida sana" (the healthy life). They designed vibrant, informative Healthy Eating Posters entirely in Spanish.



## Year 11 Science: Practical Investigations in Action

With the final revision days approaching, Mrs Barrett's top-set Year 11 Science class took part in a high-octane "practical carousel." The lab was a hive of activity as students rotated through advanced experiments across all disciplines. In Physics, the hum of ripple tanks and bench power units filled the room as they measured wave properties and verified Ohm's Law, while others delved into the complexities of quantum mechanics. The focus shifted to Biology as the class utilised potometers to quantify the effects of wind and heat on plant transpiration. It was an impressive showcase of hands-on investigation and sharp analytical thinking as they head into their final exams.



### STEM Academy Update

Our Year 7 students have been harnessing digital tools and data technology to carry out scientific investigations typically seen at GCSE. They are developing not only scientific knowledge but also critical thinking skills and with the precision of young researchers.

Meanwhile, Year 8, have been bringing coding to life through Robotics. Their projects have ranged from dancing robots, autonomous cyclists and robotic dogs capable of being walked through intelligent movement sequences. Each project reflects a blend of problem solving, design thinking and persistence. Keyskills for the innovators of tomorrow.

## Upcoming Sexual Health Outreach with Gilly Breton

On 15th May, we are pleased to welcome Gilly Breton, Kent’s Sexual Health Outreach Nurse, to Whitstable School. Gilly will be delivering age-appropriate assemblies to all year groups, focusing on key aspects of sexual health. Following these sessions, Gilly will be a regular presence in school throughout the academic year, hosting both targeted workshops and confidential drop-in sessions to provide students with expert advice, guidance and support.

# THE WHITSTABLE ENTERPRISE FAIR



The 13th and 15th of May

This term Year 10 business students are going to consolidate the learning from terms 1-4 (Theme 1 of the GCSE course) by applying everything that we have learnt so far and setting up their own businesses.

The types of Businesses that will be running during lunchtime will

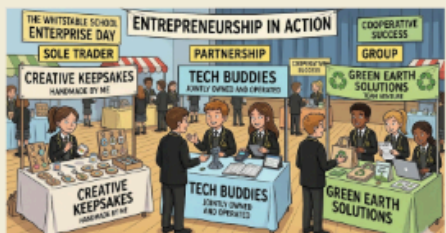
include:



- Sweet cones
- Funfair-style games
- Ice creams and ice lollies
- Beverages
- and much, much more!



Please bring in some money to help support our students businesses!



At The National College, our **WakeUpWednesday** guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## 10 Top Tips For Parents and Educators MANAGING EXAM STRESS

At some point in their education, most young people will encounter exam stress, which can affect their mental, emotional, and physical wellbeing. Mental health charity YoungMinds estimates that 87% of pupils experience exam-related stress. This highlights the importance of supporting young people to manage exam pressure effectively, maintain perspective, and protect their overall wellbeing during these periods.

- PRACTISE WORKLOAD WISDOM**  
The build-up to exams can feel overwhelming, with competing demands on time and energy. Encourage young people to reflect on whether their workload is realistic and allows them time to rest and recharge. Support them in creating a manageable revision timetable that includes regular breaks and occasional days off. Remind them that plans can be adjusted if they feel overwhelmed, helping to reduce the pressure and prevent burnout.
- CLEAR UP THE CLUTTER**  
A cluttered workspace can reduce focus and increase stress levels. Encourage young people to keep their study area tidy and organised, with clearly arranged notes and materials. A clean, dedicated space can support concentration and create a more relaxed mindset. Adding colour, mood music, or creative elements can also make revision feel less daunting and more manageable.
- MASTER THE MATERIALS**  
Revision can feel particularly stressful if young people are unsure where to begin. Help them outline key study topics and materials, ensuring they're using accurate and relevant resources. Reducing uncertainty can help them feel more in control of their learning. Reassure them that they don't need to know everything perfectly, as building their understanding over time is what matters most.
- GET CREATIVE WITH NOTES**  
Writing out detailed notes, rather than relying only on bullet points, can strengthen their understanding and retention. Encourage young people to turn their notes into flashcards for regular review and repetition. Feeding familiar with their content can boost their confidence and reduce anxiety during exams. This approach can help them feel more prepared and less likely to panic under pressure.
- USE VISUAL MEMORY AIDS**  
Visual resources can make learning more effective and reduce their frustration when information feels difficult to grasp. Encourage the use of diagrams, videos, sticky notes, and colour coding to reinforce key ideas. Creating simple mnemonics can make information easier to remember. Using a variety of methods can help prevent mental fatigue and keep revision feeling fresh and manageable.
- BUILD A TECH TOOLKIT**  
Technology can be a valuable supporting tool during exam preparation when used in a balanced way. Educational websites, revision platforms, and subject-specific videos can help explain complicated topics clearly, reducing the risk of confusion or stress. Encourage young people to use these tools to support - rather than overwhelm - their learning, and to take regular breaks from their screens to protect their wellbeing.
- KEEP REVISION ENJOYABLE**  
Revision is often more effective when it feels engaging and varied. Encourage young people to incorporate fun, real-life examples, or creative opportunities into their learning. Making study rewards, including light physical activity such as short walks, can also improve their mood and focus. Integrating revision experiences can help reduce stress and make the process feel more positive and sustainable.
- USE ACTIVE STUDY METHODS**  
Active revision techniques can help young people feel more confident and in control of their learning. Strategies such as spaced repetition and active recall, including self-testing or explaining concepts aloud, can highlight both their strengths and areas for improvement. This clarity can reduce last-minute panic and support a calmer, more prepared approach to exams.
- USE AI THOUGHTFULLY**  
AI tools can support revision by making learning more personalised and manageable. Young people can use them to generate practice questions, summarise information, or break down topics into simpler steps. Use carefully, these tools can reduce pressure and save time. Encourage young people to check all information with trusted sources to ensure its accuracy and build confidence in their understanding.
- PRACTISE WITH ONLINE TOOLS**  
Online revision platforms can help young people test their knowledge and track their progress. Many offer quizzes, flashcards, and practice papers aligned with exam boards. Encourage regular self-testing - including timed activities - to build up familiarity with exam formats. Becoming more comfortable with the format of exams can reduce anxiety and help young people approach them with greater confidence.

**Meet Our Expert**  
Mindy Azead created and delivered the UK's only specialist postgraduate mental health qualifications. Winner of Social Enterprise UK's 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Smith - a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

See full reference list on our website

[X @wake\\_up\\_weds](https://www.wake_up_weds.com)
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## Important School Updates & Reminders

### • **Health & Immunisations:**

The Immunisation Service will be visiting on 21/05/2026 (8:00 am start) to administer the Td/IPV and MenACWY vaccinations.

Primary Focus: All Year 9 students.

Catch-ups: Eligible students in Years 10 and 11 will also be included if they missed previous sessions.

Additional Vaccines: In line with the "Making Every Contact Count" initiative, the team will also offer catch-up doses for MMR and HPV.

Parents of children missing any of these vaccinations will be contacted directly by the NHS team. Please ensure all consent forms are completed promptly.

### • **Parking & Student Safety**

To ensure the safety of our students and maintain accessibility for all, please do not park in designated disabled spaces or block school parking gates. We kindly ask that parents and carers park further away from the school entrance to keep the area clear and safe for pedestrians.

### • **Community Respect & Litter**

We have received reports of littering and disrespectful behavior toward local residents. The School takes these reports very seriously; any students identified behaving disrespectfully or dropping litter, inside or outside of school grounds, will face appropriate sanctions and negative behavior points. We expect all students to represent our school with pride and respect for our neighbours.

### • **Allergen Awareness**

The safety of our students is our top priority. While it is impossible to guarantee a 100% allergen-free environment in a busy school, we strive to be as allergen-aware as possible. We kindly ask for your support by ensuring packed lunches and snacks do not contain:

- Packaged nuts (peanuts, tree nuts, etc.)
- Nut-based bars (cereal, granola or chocolate bars)
- Spreads (Peanut butter or chocolate-hazelnut spreads like Nutella)
- Sauces (Peanut-based sauces like satay)
- Sesame (Seeds, hummus or sesame crackers)

### • **Investing in Excellence: Support TWS**

We are launching a community initiative to modernise our facilities in Technology, Sports and Literacy. Every donation directly impacts our pupils' daily experience.

If you would like to support our students, please complete and submit our our donation form. We sincerely appreciate your generosity!

**[TWS Donations Form](#)** 





## Understanding Your Child

For parent/carers that would like to know more about sensitive and effective parenting. For parents with young people in school years 7 to 11.



### 10 week course exploring:

- Tuning Into Young People
- Exploring Feelings
- Parenting Styles
- Communication

Supporting Parent Child Relationships



**DATE:** Wednesday 29<sup>th</sup> April  
**TIME:** 12:30pm - 2:30pm  
**VENUE:** Herne Bay Family Hub,  
 Kings Road, Herne Bay, CT6 5RG

**To book your space, please visit:**  
[www.kent.gov.uk/familyhub](http://www.kent.gov.uk/familyhub)



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# 30/40 THE HORSEBRIDGE WHITSTABLE SUMMER OPEN EXHIBITION

## 17-26 JULY

Kent Libraries

Make your summer count

## Volunteer at your local library

**READ to the BEAT**

Support your community, inspire young readers, and help bring the Summer Reading Challenge to life!

Gain experience and skills  
 Build your confidence  
 Make a real difference

**GO ALL IN.**

For more information speak to your local library team, visit our website, or scan the QR code to apply online.

Time to Give [kent.gov.uk/libraries](http://kent.gov.uk/libraries)

Kent County Council [kent.gov.uk](http://kent.gov.uk)

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