



Parent Bulletin

Principal **Dr A T Fowler**

Issue 25: w/c Monday 23 March 2026 – Week 2

Dear Parents and Carers

How lovely it has been to see the spring sunshine this week! Today marks the vernal equinox, the point at which the lengths of day and night are equal. From here onwards, until October, our days are longer than our nights. Everywhere around us we see signs of growth and new life: spring flowers, leaves on trees, birds nesting. I hope that you, like me, feel a sense of our spirits lifting as well.

In school, spring brings mixed blessings. We enjoy the lighter days and warmer air; we welcome the return of sunshine on our back yard at lunchtime! And we see the examination season approaching for students in years 11 and 13. Some of our students have already completed practical examinations in different subjects, including Dance and Drama this week. Others are counting the days until the first formal examination on 1 May. This is just four school weeks away. Later in this newsletter we have included some information about supporting your child as they approach the examination season. Please take time to have a look at these pages: I hope you find the information useful.

We look forward to welcoming students in Year 5 and their parents and carers to our school for our Open Evening next Thursday. It has been wonderful to see so many of our current Year 7 students volunteering to be guides at our open evening. I know that many older children are also involved. Thank you for your support for this important event.

With all good wishes,

Yours faithfully

Dr Andrew Fowler
Principal

Year 11 GCSE Dance

Congratulations to Year 11 GCSE Dance Students who completed their GCSE Choreography NEA this week.

Students have now completed all practical aspects of the course and focus will now return to the Dance Appreciation theory component.

After school revision sessions continue every Friday, 3.20pm to 4.20pm, in the dance studio.

If you have any questions regarding GCSE Dance, please contact me via email at sbrown@lordlawson.academy and I will be happy to help.

Miss Brown
Subject Leader – Performing Arts

Meningitis B

You may have seen in the national press that there is currently an [ongoing outbreak of invasive meningitis, a form of meningococcal disease - in Kent](https://ukhsa.blog.gov.uk/2025/10/31/what-is-meningitis-symptoms-risks-and-how-to-protect-yourself/). Meningitis is a serious condition where the protective layers (meninges) around the brain and spinal cord become inflamed.

Further information about the outbreak and the signs and symptoms to be aware of can be found by accessing the following link, or by copying and pasting it into your internet browser:

<https://ukhsa.blog.gov.uk/2025/10/31/what-is-meningitis-symptoms-risks-and-how-to-protect-yourself/>

South Tyneside Immunisation Team have advised that they, as a service, do not offer Meningitis B vaccinations. Families will need to access their GP for any further support regarding this.

Mrs S Wakefield
Office Manager

Reed in Partnership Visit

From Tuesday 10 to Thursday 12 March Anna and Peter, representatives from Reed in Partnership, working with Futures for All's Speakers for Schools project, delivered a Young Professionals project to a number of our year 10 students.

The students involved had been identified as being at risk of becoming 'NEET' students, students who are Not in Education, Employment or Training. Over the three days students were supported in exploring employability, confidence-building and what positive futures can look like. All of the students threw themselves into every activity: from employment-law quizzes to group debates on barriers to work and what helps young people succeed in the workplace.

The biggest challenge for the students was becoming Youth Employability Ambassadors. They were tasked with designing a brand-new employability programme for young people, which could be delivered by Reed in Partnership. Halfway through this activity the students received an email from the "Commissioner" asking them to choose a celebrity or influencer to champion their programme and explain why. Cue brilliant marketing ideas and some very creative thinking! Students chose a diverse range of people including chef Gordon Ramsey, YouTubers The Sidemen, KSI, and Mr Beast, Harvey Barnes (Newcastle Utd FC).

A huge well done to every student involved and to Reed in Partnership who have told us the work with our students left them feeling 'proud, energised and very inspired.'

Mrs J Laidlaw
Assistant Principal – Head of Sixth Form

Young Carers

The next young carers drop in is on Wednesday 25 March in the small conference room near the main hall.

Students should have their activity passes to gain entrance to the building. If anyone has lost their pass, please email me to request a replacement.

If your child is a student in our school and you think they are an unidentified young carer, someone who assists with the care of a family member who lives in their home, and you would like further support for them please contact me at mglass@lordlawson.academy.

Mrs M Glass
Cover Supervisor and Young Carers'
Coordinator



Year 5 Open Evening

Our Open Evening for Year 5 pupils is on Thursday 26 March 2026. The evening will include a presentation which will take place in the main hall at 4:30pm. Please arrive at 4:20pm for a prompt start.

If the main hall is full for the presentation, we will direct any parents and carers to our tour guides who will be happy to show them our school, and we will repeat the presentation at 5:10pm.

Mrs A Jacobson
Transition Coordinator and Year Leader – Year 7

Ski Trip: Friday 26 March to Friday 2 April 2027

Following the successful ski trip this year, we are organising the ski trip for the next academic year, which will take place during the **Easter holidays 2027**. We will be returning to Radstadt, in the vast ski area of the Sportwelt Amadé, Austria. This trip will be offered to students who are **currently in years 7 to 12**. There are limited places available.

The cost of the trip will be £1239. Bursaries are available for this trip.

For further information, students should request an information letter from Mrs Hulme. If, following receipt of this letter a parent or carer wishes to register their child's interest in participating in this trip, they will need to complete, sign and return the expression of interest slip that will accompany the letter by Friday 24 April 2026.

If your child is successful in securing a place on the trip and you feel that you would benefit from some financial support, you should submit a request to: finance@lordlawson.academy; you will be provided with the necessary forms and information. All applications are dealt with in the strictest of confidence.

Mrs S Hulme
Teacher of Mathematics and Ski Trip Coordinator

Supporting Year 11 with Exam Stress

As we move closer to the GCSE exam period, many young people begin to feel increased pressure or anxiety. This is completely normal, but we want to ensure all students feel supported both in school and at home.

This week, tutors will be sharing resources with Year 11 to help them manage exam stress, including a “**5 Tips for Managing Anxiety**” poster, which will also be displayed in tutor rooms. Students will have access to digital links through their school email, and we’d like to share these with parents and carers as well.

Below are a range of trusted websites offering guidance, strategies, and support for exam-related stress and wellbeing:

Useful Support Resources

- **Mind – Exam Stress Advice**

Practical tips for managing stress and understanding how it affects young people.

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/>

- **YoungMinds – Coping With Exam Stress**

Clear advice and coping strategies designed specifically for young people.

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

- **Barnardo’s – Anxiety, Stress and Worry Support**

Guidance to help young people manage pressure and stay mentally healthy.

<https://www.barnardos.org.uk/get-support/support-for-young-people/mental-health/anxiety-stress-worry/exam-stress>

- **NHS – Help Your Child Beat Exam Stress**

Support and advice for parents to help their child during exam season.

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

- **KOOTH – Digital Exam Tips Brochure**

A helpful downloadable guide with exam-time wellbeing advice.

https://www.kirkleessafeguardingchildren.co.uk/wp-content/uploads/2022/06/KOOTH_Exam_Tips_Digital_Brochure.pdf

How You Can Support at Home

Encouraging healthy routines, regular breaks, and open conversations about how your child is feeling can make a significant difference during this period.

Further advice and tips can be found in flyers later in this bulletin.

If you have any concerns about your child’s wellbeing, please contact the year team or their tutor.

Mr Cave

Acting Year 11 Leader

Mrs Clarke

Deputy Year Leader

Year 8 Parents' and Carers' Evening: Thursday 23 April 2026

The year 8 parents' and carers' evening will be an in-person event and will take place in school on **Thursday 23 April 2026**. Staff will be based in the sports and the gym.

Although the evening will be in-person, appointments will be booked by parents/carers online, via **SchoolCloud**. Further information will be sent to you next week via Class Charts.

Please ensure that you regularly check for messages on Class Charts as there is still a nationwide issue with message alerts. Announcements are still being sent daily to parents and carers from staff about a variety of items, but you need to check your Class Charts app.

If you do not currently have the Class Charts app it can be downloaded for free from the App store.



Want the **FREE** parent APP?

Download from the Apple App Store or Google Play

Mrs S Wakefield
Office Manager



5 tips

for managing test anxiety



Just like learning any skill, we can learn new ways of reducing stress. These methods take practice – the more we do them, the more effective they will be!



1

Calm your body

Try these methods to help calm your body and mind.

Practice deep breathing

Take breaks often and go outside if you can

Squeeze a stress ball or use a fidget toy

2

Practise self-care

Spend some time doing an activity you enjoy, even if you don't feel like it. Having fun helps reduce stress. It also helps keep the exam in perspective and remind us there's more to life.



Try writing down your own examples of **positive self-talk**. Don't focus on the worst thing that could happen. Instead, spend time imagining yourself acing the test.



"I am struggling with this topic right now, but my test score does not define who I am."

"I've got this! I've studied and I know what to do."

3

Use positive self-talk

This is when you say or think things to help improve your mood. Practise being kind to yourself with your thoughts, as though you are supporting a friend.

"My life outside of exams is important too."

"I don't have to get a perfect score, I just have to try my best."

4

Look after your physical health

Your body and mind are connected. Try to eat nutritious food, move your body every day, and spend time outside (even five minutes helps).



5

Ask for support

When anxiety gets too much, don't keep it to yourself. Try talking to:

A relative or carer, like a parent, older sibling, or aunt/uncle



A counsellor at school or a teacher you trust



You can get help online at themix.org.uk

Navigating exam season

Supporting your child to beat exam stress

Exams can be a challenging time for young people, and many young people can feel worried and stressed in the lead up to exams. As parents and carers, it can be difficult to know what we can do to support them. We've shared some tips on supporting your child if they're feeling stressed about exams.



Look for signs of stress

Stress can present differently in everyone. Signs of stress could include not sleeping or sleeping more than usual, losing interest in food or eating more than usual, being irritable, having headaches or stomach aches, being negative, feeling hopeless, or not enjoying activities they previously enjoyed.

If you notice your child is struggling, ask them what you can do to help them.



Talk about stress and nerves

Remind your child that it's perfectly normal to feel worried or stressed about their exams. The key is to put these nerves to positive use.

Talk openly about how you cope with your own stressful situations, so your child has a positive role model for managing their emotions and time.

Practice relaxation techniques with your child, we love [these ideas from from NHS Scotland](#). 



Support your child to create a routine

Routines and rituals can help your child keep healthy habits, and can help you ensure your child is getting enough sleep and eating well.

If they haven't already, encourage your child to create a revision plan or timetable, splitting their day up into chunks. Encourage them to take regular breaks - which they could use to have a meal, get some exercise or unwind - and try to discourage them from staying up late revising.

Navigating exam season

Supporting your child to beat exam stress



Try not to add to the pressure

Many young people feel pressure to do well in their exams to make their teachers, or families proud. Try not to add to this pressure. Be reassuring, positive, and help put things into perspective. Remind them that there is more to life than their grades, and their results don't define who they are. Reassure them you will be proud of them 'no matter what'.



Make yourself available to listen

Sometimes your child may not want to talk, and it's important we don't force them to have a conversation they don't want to have. Make yourself available but don't pressure them to talk.

You may find that your child opens up in situations where they feel less pressure – for example when you're in the car on the way home from school, or during a walk



Help them unwind after exams

Find ways to help your child unwind after each exam, so they don't dwell on things they could have done better or differently. After each exam, you and your child could watch a film or enjoy your favourite meal together, before they start revising for the next test.



Seek additional support

If you're concerned about your child's stress, or find they don't want to talk to you, encourage them to seek support elsewhere. This could be someone at their school, or an organisation such as Shout or Childline.

- Text CONNECT to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit childline.org.uk  for their free online chat
- Visit place2be.org.uk/help  for more advice

Calendar Dates and Upcoming Events for the Spring Term

Date	Event
Thursday 26 March 2026	Year 5 Open Evening 4.30 – 6.30pm
Thursday 2 April 2026	Last day of term for staff and students – school finishes as normal at 3.20pm
Tuesday 14 April 2026	Naples Trip
Monday 20 April 2026	Staff and students return to school at 8.40am