



Parent Bulletin

Principal **Dr A T Fowler**

Issue 30: w/c Monday 11 May 2026 – Week 1

Dear Parents and Carers

As summer term progresses, we are now in the thick of hall-based exams. Our year 11 Drama students are currently hard at work in an exam as I type. I am hopeful that as many year 11 students as possible stay behind tonight with the English department to prepare for their Literature exam on Monday. Further, our colleagues in primary schools begin year 6 SATs on Monday. Our best wishes to them and all our prospective year 7 students, we hope you smash your SATs and look forward to seeing your results when they come to us.

Speaking of which, we received the Maths Challenge results from the event last week. The mathematics department have been impressed by the successes of our students; it has been our most successful year yet. Special congratulation go to Kane Simpson and Caleb Dunlavey in year 8; both students scored highly enough to progress through to the Junior Kangaroo, an invitation only challenge, we wish them the best of luck with this. Please congratulate all children for their efforts and do celebrate the successes of those you know who have qualified for gold, silver or bronze certificates, this is an excellent achievement.

Continuing on a positive theme, though it might not seem it initially, I am delivering assemblies next week on the theme of *Consequences of our actions*, which did conjure up a rather negative message. After some thought however, I intend to flip the narrative and focus on the consequences of our good actions. I will be imagining the consequences if we were all a little kinder to each other. I will also look at the consequences of working harder in lessons at all times. These themes will also serve to trial our upcoming focus on character development. As a school, in the next academic year, we will focus on developing the character traits of kindness, hard-work and two others, with the aim of further progress towards our mission to provide education that transforms lives.

As an end note then, in these sometimes strained and challenging times, I urge you all to remember to be kind. We never know what is going on in the lives of others. Sometimes, a little kindness can be transformative to the receiver.

With all good wishes,

Yours faithfully

Mr Joe Dicocco
Deputy Principal

Mental Health Awareness Week

Next week is National Mental Health Awareness week. RISE is an organisation that works in schools and colleges across Newcastle and Gateshead to support children and young people (aged 5-18) with their emotional wellbeing and mental health. They work with parents, teachers and education professionals to help young people feel more in control and more resilient in managing their wellbeing and mental health.

For Mental Health Awareness Week, RISE are hosting a free webinar designed to help adults feel more confident talking about mental health with children and young people. On **Wednesday 13 May**, they are hosting an online session for parents and carers, focusing on understanding mental health difficulties and how to start supportive conversations at home. The webinar offers clear, accessible tools you can use straight away to support your child's wellbeing.

Exact event details and joining instructions are included below.

Mr I Cooper
Deputy Principal

Talking About Mental Health
Two free webinars for Mental Health Awareness Week: Wednesday for parents and carers, Thursday for schools.

Aims:

- ✓ To understand what mental health difficulties are
- ✓ To learn about the benefits of talking about mental health
- ✓ To learn strategies for having successful conversations about mental health

If there are any questions before the webinar, or any issues logging on please contact:
RISEnortheast@childrensociety.org.uk

RISE The Children's Society

For more information about RISE please visit:

- rise.childrensociety.org.uk/
- www.youtube.com/@rise-ne
- facebook.com/rise.ne
- [@rise.ne](https://www.instagram.com/rise.ne)

RISE The Children's Society

Talking about MH: Parents and Carers
Scan the QR Code to join the Webinar

Wednesday
13 May 2026

9.30am-10.30am

Or join with this link: bit.ly/TalkingaboutMH

Allergies Notification Reminder

To ensure we support the medical and dietary needs of students, we must hold up-to-date information about your children. As part of the induction of any child to our school, parents/carers are required to complete a medical information form, detailing any medical or dietary requirements. This information is then added to our management system and our health unit are advised of any student with a specific dietary, medical, or allergy need. However, we rely on you, as parents and carers, to advise us of any changes.

Allergies, of any sort, can develop overtime. For any changes to your child's medical information (including allergies and dietary requirements) please ensure you email us at lordlawson@lordlawson.academy as soon as any change or new need is identified.

Thank you for your support.

Ms L Doran
Business Manager

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

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 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](https://www.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](https://www.childline.org.uk)  for their free online chat
- Visit [place2be.org.uk/help](https://www.place2be.org.uk/help)  for more advice

COM Groups/Networks

COM Groups are online communities or group chats where harmful and deeply disturbing behaviour can take place. This could be via mainstream messaging apps, gaming platforms or through social media. It is important to be aware that such networks exist and understand the risks they may pose to our children.

The Molly Rose Foundation has issued an alert highlighting the scale and nature of COM Networks, including how they target vulnerable young people:

<https://mollyrosefoundation.org/molly-rose-foundation-issues-public-warning-into-prevalence-of-online-groups-targeting-children-for-self-harm-suicide-and-abuse/>

The Gloucestershire Safeguarding Children Partnership provide further information including who may be at risk, the type of offender involved, potential warning signs and what you can do such as show interest in your child's online life:

<https://www.gloucestershire.gov.uk/gscp/professional-resources/sadistic-online-exploitation/>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version: <https://www.knowsleycitylearningcentres.org.uk/april-2026-secondary/>

Age ratings in games

Age ratings exist to help protect your child as they show whether content is suitable for your child's age. Make sure you check the age rating of any game your child is playing.

Why should I check?

Not all games will be appropriate for your child. Some may appear child friendly due to fun or cartoon style graphics but still include unsuitable content. Age ratings consider factors such as violence, frightening content, bad language and/or in app purchases.



How can I check?

Most games are rated by PEGI (Pan European Game Information), who not only state the age you should be to play the game but also provide further content descriptors to give you an indication of the type of content that your child might encounter. Apps are rated by the App store/Google Play.

How can I stop my child from accessing a game they are not old enough to play?

You can set up **parental controls** to restrict access to games or apps that your child is not old enough to play and set restrictions so any downloads/purchases must be approved by you. For example:

- Nintendo – restrict software by age so if you restrict to 10+, games with that rating or above cannot be played by your child.
- Xbox / PlayStation – set an age limit so anything that exceeds that age rating must be approved.
- Apple / Google (Family Link) – restrict your child from installing apps, allowing you to review before approving all purchases.

What else do I need to do?

- Review any additional content descriptors, read reviews and check if the game includes any form of communication or in app purchases. This will help inform your decision as to whether the game is suitable for your child.
- For any game your child plays, set up appropriate parental controls.
- If you decide a game is not appropriate, explain to your child why. We know your child might feel peer pressure to play certain games, but explaining your reasoning will help them understand your decision.

Further information

- <https://www.ceopeducation.co.uk/parents/articles/gaming/>

Fake or Real? Know the Deal

Essex Police have launched a groundbreaking AI Safety Campaign in partnership with BT and EE to tackle the growing risks posed by artificial intelligence (AI) misuse and deepfake technology. This is the first time a UK police force is working directly with a global technology firm to provide practical advice to parents, guardians and young people.

AI technology offers incredible opportunities, but it also introduces serious risks when misused. Deepfake content – highly convincing, fabricated images or videos – can be used to exploit young people, sometimes without their knowledge. Artificially generated Child Sexual Abuse Material (CSAM) is one of the fastest-emerging crimes Essex Police is actively investigating.

The campaign is designed to help you understand:

- What deepfakes are and why they matter
- How to protect children from online harm
- What to do if an image is misused

Further information

Find out more here, including advice on how to protect your child:

<https://eephonesmart.co.uk/fake-or-real>

What is the Manosphere?

Have you seen the new Netflix documentary 'Louis Theroux: Inside the Manosphere' in which Louis Theroux interviews several 'influencers' that promote extreme / disturbing ideologies online. It is a shocking watch but prompts the importance of ensuring our children are protected from this content. In essence, the manosphere is against the empowerment of women and certain people promote these views and other harmful misinformation online via social media etc.

What should I do?

We need to develop critical thinking in our children and have age-appropriate conversations with them as explained in these two articles:

- <https://parents.actionforchildren.org.uk/feelings-behaviour/talking-about-feelings/talk-to-your-child-gender-equality/>
- <https://www.brook.org.uk/blog/4-ways-to-tackle-misogyny-among-young-people/>

Further information

- <https://www.unwomen.org/en/articles/explainer/what-is-the-manosphere-and-why-should-we-care>

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How to set up parental controls on ChatGPT

Internet Matters have published an article detailing how you can link your own account to your child's account (they must be logged in) to set parental controls on ChatGPT.

You can read the article here:

<https://www.internetmatters.org/parental-controls/entertainment-search-engines/chatgpt-parental-controls/>

WhatsApp update: Parent-Managed Accounts

WhatsApp have announced that they are rolling out the option of Parent-Managed accounts for those under the age of 13. The settings will include allowing you to choose who can contact your child and ensuring only you can add them to groups. Find out more here:

<https://faq.whatsapp.com/894871699629864>

Whilst, these features could be useful, it is important to emphasise that just because the option now exists, WhatsApp may still not be an appropriate platform for your child to be on. We often receive reports of issues, particularly with group chats on WhatsApp. Wayne Denner (online safety trainer) explains more here: <https://www.waynedenner.com/whatsapp-parent-managed-accounts-what-parents-need-to-know/>

AI and homework

AI can be a useful tool for helping children with homework both in understanding a topic and for research. However, please remember that it should not be used to complete tasks as this would constitute plagiarism.

LORD LAWSON OF BEAMISH ACADEMY

Academic Year 2026 - 2027 Calendar

Autumn Term Begins	Tuesday 1 September 2026	Staff PD Day - Academy closed to all students
	Wednesday 2 September 2026	Academy opens for staff and ALL students
	Friday 23 October 2026	Last day of term - staff and students finish at 3.20 pm
Autumn Half Term	Saturday 24 October 2026 to Sunday 1 November 2026 inclusive	
Autumn Term Ends	Monday 2 November 2026	Academy opens for staff and all students
	Friday 18 December 2026	Last day of term - staff and students finish at 3.20 pm
Christmas Holidays	Saturday 19 December 2026 to Sunday 3 January 2027 inclusive	
	Monday 4 January 2027	Staff PD Day - Academy closed to all students
Spring Term Begins	Tuesday 5 January 2027	Academy opens for staff and all students
	Friday 12 February 2027	Last day of term - staff and students finish at 3.20 pm
Spring Half Term	Saturday 13 February 2027 to Sunday 21 February 2027 inclusive	
Spring Term Ends	Monday 22 February 2027	Academy opens for staff and all students
	Thursday 25 March 2027	Last day of term - staff and students finish at 3.20 pm
Easter Holidays	Saturday 27 March 2027 to Sunday 11 April 2027 inclusive	
Summer Term Begins	Monday 12 April 2027	Academy opens for staff and all students
Early May Bank Holiday	Monday 3 May 2027	Academy closed for staff and students
	Friday 28 May 2027	Last day of term - staff and students finish at 3.20 pm
Summer Half Term	Saturday 29 May 2027 to Sunday 6 June 2027 inclusive	
Summer Term Ends	Monday 7 June 2027	Academy opens for staff and all students
	Friday 16 July 2027	Last day of term - staff and students finish at 3.20 pm
Summer Holidays		
	* Good Friday 26 March 2027	** Return to school date Monday 6 September 2027 tbc

Year 11 Summer Exam Series: Revision and Exam Schedule – w/c Monday 11 May 2026

Timings	Monday 11 May	Tuesday 12 May	Wednesday 13 May	Thursday 14 May	Friday 15 May
08:00-08:40 Independent revision	English Literature Paper 1 EN10 - Miss Beck EN11 - tbc EN12 - Mrs Cairns EN14 - tbc EN15 - Mrs Robinson-Dodd EN16 - Miss Small EN17 - Miss Rees EN18 - Miss Rooks EN19 - Mrs Henderson-Thynne EN111 - Mr Barnes	Religious Studies A P1-1 Buddhism/Christ Refer to subject teacher	Geography (paper 1) GG35 - Mr Surtees GG32 - Mrs Connor GG33 - Dr Winstanley	Mathematics (paper 1 and 4) - Foundation/Higher MA20 - Miss Sneddon MA21 - Mrs Green MA22 - Mrs Barras MA23 - Mrs Scully MA24 - Mr Hunter MA25 - Mrs Jackson MA26 - Mr Robertson MA27 - Miss Cassidy MA28 - Mr Bramham MA29 - Mrs Hulme	History (paper 1) HI31 - Mrs Livesey HI32 - Mrs Tahir
08:40-08:55 Guided revision					
Pre-exam Routine	08:55-09:00 Line up outside exam 09:00-09:02 Exam tips talk 09:02-09:05 Enter exam hall 09:05-09:10 Exam talk by invigilator				
09:10 - Exam start	English Literature (Paper 1) - 105/132 mins (168/44)	Religious Studies A P1-1 Buddhism/Christ - 105/132 mins (24/3)	Geography (paper 1) - 90/113 mins (65/15)	Mathematics (paper 1 and 4) - Foundation/Higher - 90/113 mins (170/47) Foundation - 94/39 Higher - 76/8	History (paper 1) - 120/150 mins (53/15)
10:10-10:30 - Break					
Arrangements after exam	105 mins - Go to café for late break (10:55 - 11:30) for the remainder of P2. 132 mins - Go to café for late break (11:25 - 11:45) then go to the remainder of P3.	105 mins - Go to café for late break (10:55 - 11:30) for the remainder of P2. 132 mins - Go to café for late break (11:25 - 11:45) then go to the remainder of P3.	90 mins - Go to café for late break (10:40 - 11:00) and then to the remainder of P2. 113 mins - Go to café for late break (11:03 - 11:30) for the remainder of P2.	90 mins - Go to café for late break (10:40 - 11:00) and then to the remainder of P2. 113 mins - Go to café for late break (11:03 - 11:30) for the remainder of P2.	60 mins - normal break 75 mins - Go to café for late break (10:25 - 10:45) and then to the remainder of P2.
11:30-12:15 Revision session (changes to P3)	Bussiness (OCR - paper 1) BS31 - Miss Ness BS39 - Mr Mahon Chinese - Listening and Reading Year 11 base (independent revision)	Biology (paper 1) - Foundation/Higher PY38 - Ms Nicholson Combined Science (Synergy Paper 1) - Foundation/Higher SC20 - Dr Dale SC21 - Miss Falconer SC22 - Mrs Dann SC23 - Mr Boxall SC24 - Mrs Boxall SC25 - Mr Blair SC26 - Mrs Long SC27 - Miss Craig SC28 - Mr Croucher SC29 - Miss Bramley	Computer Science (Computer Systems written) COM31 - Mr Cooper COM37 - Mr Campbell	German (written) - Foundation/Higher MFL30 - Mrs Morton	N/A
12:15-12:57 Lunch					
Pre-exam Routine	13:00-13:05 Line up outside exam 13:05-13:07 Exam tips talk 13:07-13:10 Enter exam hall 13:10-13:20 Exam invigilator talk				
13:10 - Exam start	Bussiness (OCR - paper 1) - 90/113 mins (50/10) Chinese - Listening and Reading - 110 mins (1/0)	Biology (paper 1) - Foundation/Higher - 105/132 mins (24/3) Combined Science (Synergy Paper 1) - Foundation/Higher - 105/132 mins (139/41)	Computer Science (Computer Systems written) - 90/113 mins (36/9)	German (written) - Foundation/Higher - 70/75 mins (20/2)	N/A
Arrangements after exam	90 mins - To go to the remainder of P5. 110/113 mins - To go to the year base for the remainder of P5.	105 mins - To go to the year base for the remainder of P5 132 mins - To leave school site	90 mins - To go to the remainder of P5. 113 mins - To go to the year base for the remainder of P5.	70/75 mins - To go to the remainder of P5.	N/A
Supervising staff	Religious Studies A P1-1 Buddhism/Christ Refer to subject teacher	Geography (paper 1) GG35 - Mr Surtess GG32 - Mrs Connor GG33 - Dr Winstanley	Mathematics (paper 1 and 4) - Foundation/Higher MA20 - Miss Sneddon MA21 - Mrs Green MA22 - Mrs Barras MA23 - Mrs Scully MA24 - Mr Hunter MA25 - Mrs Jackson MA26 - Mr Robertson MA27 - Miss Cassidy MA28 - Mr Bramham MA29 - Mrs Hulme	History (paper 1) HI31 - Mrs Livesey HI32 - Mrs Tahir	Chemistry (paper 1) - Foundation/Higher Refer to subject teacher

Calendar Dates and Upcoming Events for the Summer Term

Date	Event
Thursday 30 April	Year 12 UCAS launch event for year 12 students, parents and carers. 5pm – 6.45pm (in-person event)
Monday 4 April	Bank Holiday Monday – School closed to staff and students
Friday 1 May to Wednesday 24 June	GCSE and A Level external exams
Friday 22 May	Last day of term for staff and students – school finishes as normal at 3.20pm for May half term holiday week
Monday 1 June	Staff and students return to school at 8.40am
Thursday 25 June	New Intake Parents Evening for students joining us in year 7 in September 2026
Saturday 27 June	Year 13 Prom – Copthorne Hotel, Newcastle
Tuesday 30 June to Wednesday 1 July	Transition days for students joining us in year 7 in September
Wednesday 1 to Friday 3 July	Year 9 – Lockerbie Educational Visit
Monday 6 to Friday 10 July	Year 12 Work Experience
Monday 6 July	Staff professional development day – academy open to staff only
Monday 6 July	Year 7 Awards Evening – 5.30 to 6.30pm
Tuesday 7 July	Year 8 Awards Evening – 5.30 to 6.30pm
Wednesday 8 July	Year 9 Awards Evening – 5.30 to 6.30pm
Thursday 9 July	Year 10 Awards Evening – 5.30 to 6.30pm
Friday 10 July	Year 11 Prom - Ramside Hall, Durham
Monday 13 July	Year 12 Awards Evening – 5.30 to 6.30pm
Tuesday 14 to Wednesday 15 July	London Theatre Educational Visit
Wednesday 15 July	Sports Day – Whole school
Friday 17 July	Last day of term for staff and students – school finishes as normal at 3.20pm for summer holidays
Tuesday 1 September 2026	Staff professional development day – academy open to staff only
Wednesday 2 September 2026	Staff and students return to school at 8.40am