



Parent Bulletin

Principal **Dr A T Fowler**

Issue 31: w/c Monday 18 May 2026 – Week 2

Dear Parents and Carers

I wonder if you, as I did, watched the programme last Saturday from the Royal Albert Hall, celebrating the 100th birthday of Sir David Attenborough? It was inspiring to see the sheer affection and respect shown by so many people for Sir David, and for a long life lived well. I heard recently that, in this country, if you live to the state retirement age (67), you then also have a one-in-four chance of reaching your 100th birthday.

When we think of Sir David Attenborough, we often think of the extraordinary series of television programmes he has presented and produced, bringing the natural world into our living rooms in vibrant colour and incredible detail. Although Attenborough himself has become almost an established figure, he has something of the power of a revolutionary to make changes. For example, he was not the first to draw our attention to plastic pollution in our oceans, but the sight of a beautiful turtle or an albatross consuming plastic bags because they mistook them for food (in *Blue Planet II*, 2018) affected us in a way that is leading to lasting change. Some people date the mission to cut back on single-use plastic to those images. Still too slow, you might think!

There is extensive coverage in this bulletin of Mental Health Awareness week. We can link some of the lifelong concerns of Sir David Attenborough to the themes of this week. For example, when we think about “Being Kind”, we can think about the ways we treat ourselves, one another, and also the world around us. Being kind to our planet ought to be much more prominent in our minds. We spend too much time exploiting the world in which we live, and not enough protecting it for our children and the animals and plants with which we share it.

There is also a strong link, as many of us know already, between good mental health and getting close to nature. It is no coincidence that some of the most well-balanced and humane people are those who spend large portions of their lives in touch with nature.

We are fortunate, at Lord Lawson, to have a wonderful school site, with the largest grounds of any school in Gateshead, beautifully landscaped. The cherry blossom is over now, and the whitebeam trees in front of the school building have broken bud into their lovely pale lime-coloured leaves, followed by their cauliflower-like flower heads. Hawthorns are heavy with May blossom in our hedgerows. Despite the cold weather, in between the showers the sunshine is strong. A quick 15-minute walk outdoors every hour or so is the perfect break for those who are studying hard for exams. I hope you all get the opportunity, this weekend and in the half term that is coming up soon, to “Get close to Nature” and feel the mental health benefits it brings.

With all good wishes,

Yours faithfully

Dr Andrew Fowler
Principal

Mindfulness and Wellbeing – Change of Venue

For the duration of the external GCSE and A Level examination season, which runs from now until the end of June, Mindfulness and Wellbeing Club will be held in the Year 8 base. Sessions will run as normal on a Monday lunchtime. Once the examination season is over, I will add a further reminder to this bulletin as the sessions will then return to the library in school.

Mrs J Kemp



Cover Supervisor and HI Liaison



Mental Health Awareness Week

As part of national mental health awareness week, this week, students celebrated our amazing teachers and support staff who make our school such a special place. Students spread kindness and positivity by saying THANK YOU!

Every single day, our staff go above and beyond supporting, inspiring and nurturing your children, encouraging them to be the very best version of themselves.

Students also showed kindness to their peers by giving them a thank you card issued during tutor time this week.

Kindness is such an important character trait. It enhances personal well-being, strengthens relationships, and positively impacts us all. An act of kindness can improve the mental health and well-being for both the giver and the receiver.

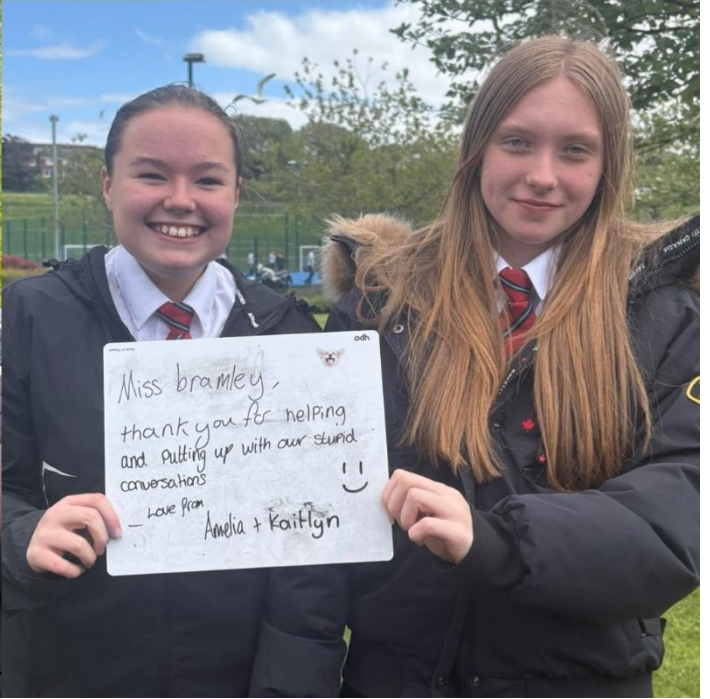
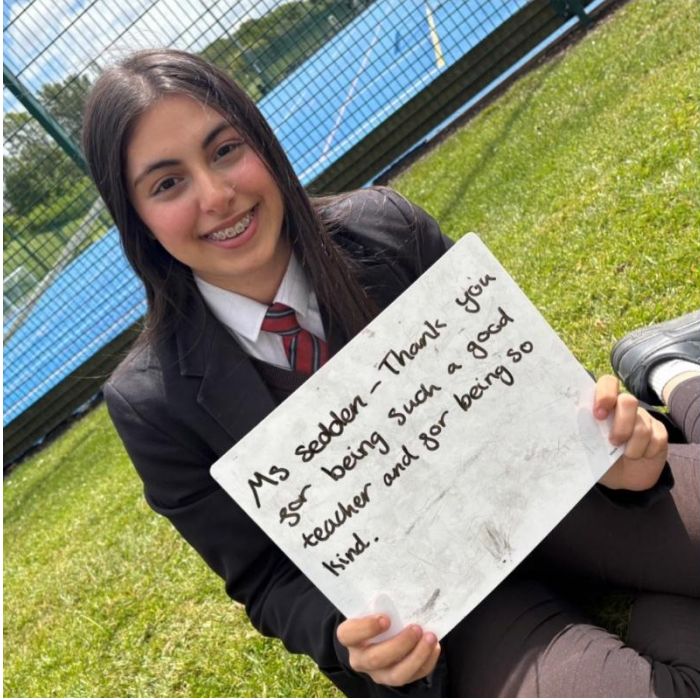
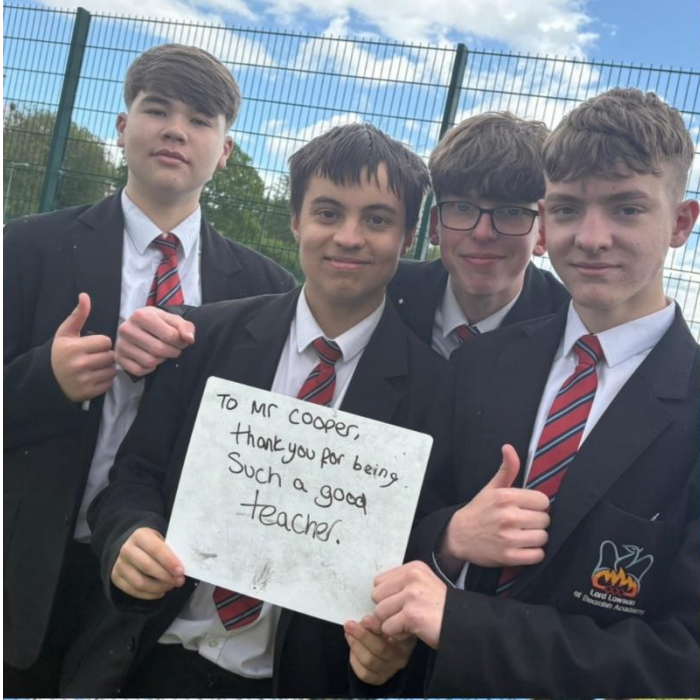
If your child needs a little extra support, they can access this via the amazing pastoral teams in school. We can also signpost students, parents and carers to the support offered by external agencies such as **Kooth**. Kooth is a digital mental health support service that provides free, safe, and anonymous online emotional wellbeing support for children and young people aged 10-18 (up to 25 in some areas). They can be contacted by clicking on the link below, or by copying and pasting the web address <https://explore.kooth.com/about-us/> into your internet browser.

[Kooth](https://explore.kooth.com/about-us/)

We hope all students and staff enjoyed this special week full of kindness.

Mr Cumiskey

Year 10 Leader





Junior Maths Challenge Results

Drum roll.....The Maths Department are extremely excited to announce the results for this year's Junior Maths Challenge. There were some amazing performances, with two of our students going forward to Junior Kangaroo (the next stage of the national competition): Kane Simpson and Caleb Dunlavy. Elsewhere, students scored some exceptionally high scores with brilliant efforts on tough questions and they have achieved the following.

Year 8 = Gold 3 / Silver 12 / Bronze 21

Year 7 = Silver 5 / Bronze 11

Certificates will be distributed, including participation awards for those not listed below. Thank you again to all students involved for their determination and effort. We eagerly await the results for Kane and Caleb as they progress to the next stage!

For a list of names and the level achieved, please access this link: [Junior Maths Challenge Results](#)

Mr L Robertson

Teacher of Mathematics and Challenge Coordinator

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

Free Maths Opportunity

We Solve Problems is a registered charity, who are inviting our students to apply for their **FREE**, in-person Maths Circles, which are held weekly at Durham University. The programme currently runs at numerous universities across the UK, including Oxford, UCL, and St Andrews.

Maths Circles are training sessions that promote the art of problem-solving and structured thinking. Students who love figuring out puzzles will thrive there, regardless of their current proficiency with the standard school curriculum.

Beyond developing their skills, this is a fantastic opportunity for students to experience learning on a real university campus, guided by professional mathematicians and students from Durham University.

To subscribe for updates on the September 2026 intake please pre-register now via the link below or by copying the URL <https://forms.gle/cnpgjauoxgrxWcNR8> into your web browser.

[Maths Circles Pre-registration Form](#)

To find out more about the We Solve Problems organisation, please visit their website at <https://wesolveproblems.org.uk/maths-circles/>

For any student interested in participating in the weekly sessions, travel bursaries are available from We Solve Problems.

Mrs D Jackson

Subject Leader – Mathematics

Autism Family Support Service

On 28 May, Autism Family Support Service will be hosting a **free** workshop through their **You Are Not Alone** service, called '**What you can do right now to support your child diagnosed with autism and/or PDA**'.

This is an online workshop and will run on Zoom from 8pm to 9pm on Thursday 28 May. There is no charge to anyone who would like to register and attend. If you attend the workshop, you will also be invited to a free online Q&A session on the evening of Tuesday 2 June, from 7pm to 8.30pm.

There are 100 places available on this workshop. To book a place you need to email team@youarenotalone.community to request the Zoom link, which will be sent to you night before the workshop takes place.

You can download a PDF flyer [HERE](#). If you can't download it, please email us and we will send it to you as an attachment.

Mrs H Potter
Assistant Principal – SENDCO

Developing Powerful Voices

A group of wonderful year 10 students had a brilliant day this week, participating in a full-day Oracy and Public Speaking workshop provided by the Speakers Trust as part of their *Speak Out!* Challenge.

Students developed a strong toolkit of public speaking skills such as structuring their speeches, speaking without notes, maintaining confident posture, delivering group presentations, and managing their nerves.

All students really embraced the challenge of the day. We are very proud of our students who continue to use their voices respectfully while speaking from the heart.

Miss A Rees
Teacher of English



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

Even **small actions** can
make a **big difference.**

Together our individual
actions build a movement
for good mental health.

Find a positive action
that works for you.



**MENTAL
HEALTH
AWARENESS
WEEK**

11-17 MAY 2026

ACTION
FOR **YOURSELF.**
FOR **SOMEONE ELSE.**
FOR **ALL OF US.**

ACTION

FOR **YOURSELF.**
FOR **SOMEONE ELSE.**
FOR **ALL OF US.**



**MENTAL
HEALTH
AWARENESS
WEEK**

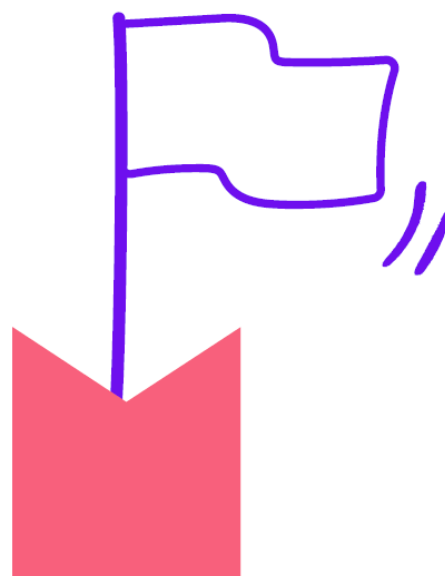
11-17 MAY 2026

Our top ten actions to support good mental health

These simple actions may help lift your mood and improve your ability to cope with life. Try a couple and find which works best for you.

1. PLAN SOMETHING TO LOOK FORWARD TO

Making plans for things we enjoy can increase our sense of hope, which is important for our mental health. It could be a plan to sit down with a cup of tea and take a quiet five minutes, or a long-term plan for an ambitious trip. Whether it's a big or small goal, the important thing is to plan it.



2. EAT WELL

One of the simplest ways to improve mental health is by eating a healthy, balanced diet. Not only can it support your emotional health, but introducing small habits, such as staying hydrated or having fruit snacks, can help make changes stick easier.



3. GET CLOSER TO NATURE

Spending time in nature can boost your mood, lessen stress, and help you concentrate.



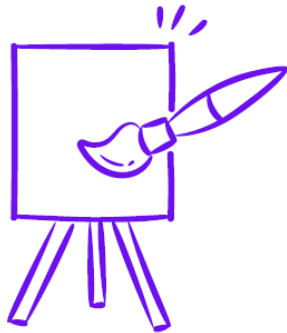
4. GET GOOD SLEEP

Good quality sleep helps your brain work better, lifts your mood, and is good for your overall health.



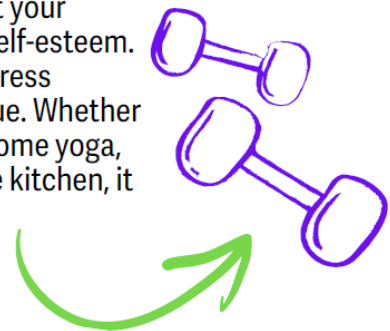
5. GET CREATIVE

Spending time on creative activities is a great way to help ease stress and anxiety. Carve out some time to listen to music, paint, sing, or do whatever you enjoy most.



6. MOVE REGULARLY

Being active can boost your mood and raise your self-esteem. It's also an effective stress management technique. Whether you go for a walk, do some yoga, or vigorously clean the kitchen, it all counts.



7. TRY MINDFULNESS

Being fully aware in the present moment can positively change the way you feel about life and how you approach challenges. Aim to notice the colour of the sky, the sound of leaves, or the feeling of your feet on the ground.



8. MAKE TIME FOR FRIENDS

Having good relationships with others can help you feel like you belong, allow you to share experiences, and receive emotional support. It's a great reason to have a catch-up with a friend on the phone.



9. BE KIND

Bad days happen to everyone. If you're having a tough time, remember to treat yourself with kindness and understanding. You're doing the best you can.



10. TALK THINGS OVER WITH SOMEONE YOU TRUST

It can take a lot of courage to tell someone else how we're feeling or what we're finding hard. Just talking things through with a person we trust can feel like a relief and make us feel less alone.



Everyone deserves good mental health.
For more tips and information visit mentalhealth.org.uk

ACTION

FOR YOURSELF.
FOR SOMEONE ELSE.
FOR ALL OF US.



**MENTAL
HEALTH
AWARENESS
WEEK**

11-17 MAY 2026

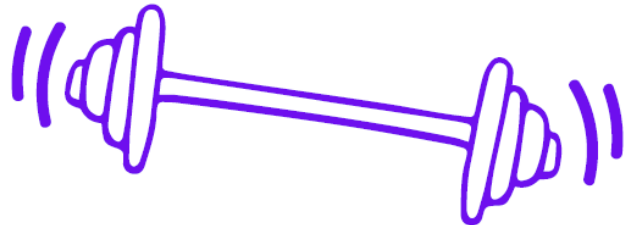
Eight actions to improve mental health in the long term

Taking action to support your mental health can help you feel better in the present moment. But it can also have long-term benefits, helping you to manage better in the future.

Creating sustainable mental health actions that fit into your daily or weekly routine is important for making them into habits that stick. Here are eight long-term mental health strategies to help you make sustainable, positive changes to your wellbeing:

1. PRIORITISE YOUR HEALTH

Being physically active, sticking to a healthy, balanced diet, and getting enough sleep play a big part in maintaining good mental health as well as physical health.

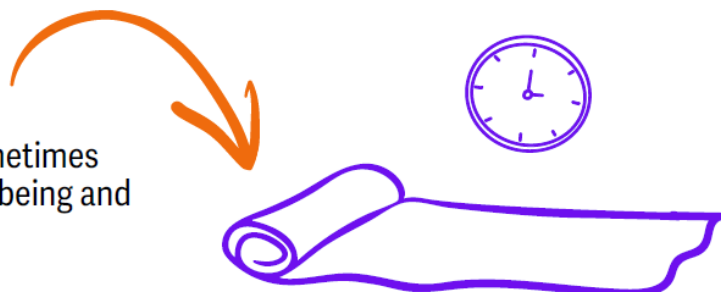


2. CONNECT WITH OTHERS

Regularly spending time with friends, family and loved ones is great for preventative mental health care. Staying socially connected can help you feel less lonely, allow you to share positive experiences with others, and may also lower the risk of serious health problems in the future.

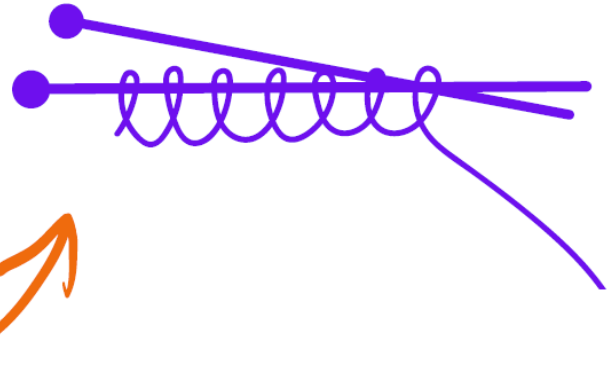
3. BE PRESENT

Paying attention to the present moment, sometimes known as 'being mindful', can boost your wellbeing and help you see things from new perspectives.



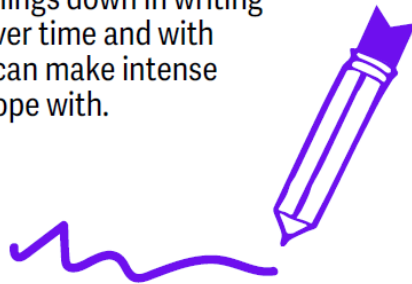
4. LEARN A NEW SKILL

If you're looking for ways to boost your self-esteem, build a sense of purpose, and connect with others, learning a new skill can help. You could try cooking a new recipe, working on a DIY project, or picking up a hobby that challenges you, like learning to paint.



5. LEARN TO UNDERSTAND AND MANAGE YOUR EMOTIONS

Feeling very upset makes it difficult to think clearly, make healthy decisions or relate to others. Paying attention to our feelings and reflecting on what caused them, without judgement, can help us understand and manage them better. Putting our thoughts and feelings down in writing can help with this. Over time and with practice, these steps can make intense emotions easier to cope with.



6. SET BOUNDARIES:

Setting boundaries doesn't always feel easy or comfortable at first, but it can help reduce stress, prevent burnout, build self-esteem, and improve relationships overall. Think about what your personal limits and values are and let these guide you when setting new boundaries.



7. PRIORITISE SLEEP

Good quality sleep is fundamental to emotional and cognitive wellbeing. Disrupted or insufficient sleep can increase our vulnerability to stress, anxiety and depression. Simple steps like keeping a consistent bedtime, winding down before sleep and reducing screen time in the evening can all support good sleep and help you feel more resilient.



8. SEEK PROFESSIONAL SUPPORT

If life feels overwhelming, asking for professional support may help. Talking therapies can treat many mental health difficulties and help you build emotional resilience, creating long-lasting mental health improvements.



Everyone deserves good mental health.
For more tips and information visit mentalhealth.org.uk

ACTION

FOR YOURSELF.
FOR SOMEONE ELSE.
FOR ALL OF US.



**MENTAL
HEALTH
AWARENESS
WEEK**
11-17 MAY 2026

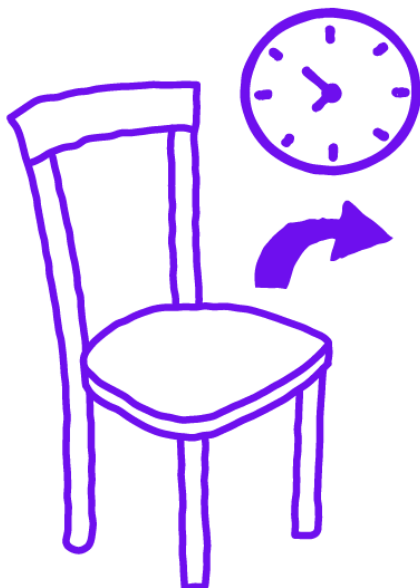
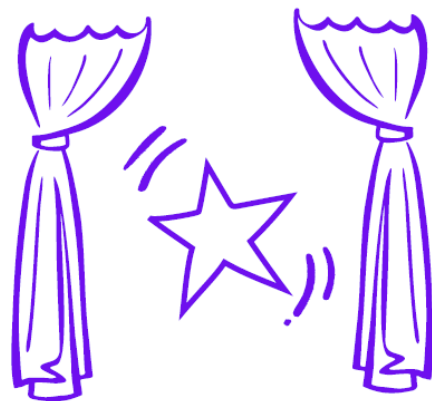
Ten quick actions to boost your mental health

Quick, easy daily habits are a great way to boost your mood and wellbeing, even on days when your energy levels might be low.

Here are ten quick actions to try that may improve your mood and mental wellbeing.

1. OPEN THE WINDOWS

For a quick mental health boost, try opening your windows. Letting fresh air in and stale air out can allow natural light to come in, help you feel closer to nature and lift your mood.



2. TRY CHAIR YOGA

Chair yoga lets you enjoy the health benefits of yoga while sitting down. It's a great way to reduce stress quickly, help you sleep, and improve mood fast.



3. HEAD OUTSIDE

Spending time in nature is linked to lower stress levels, improved mood and better concentration. Even brief outdoor activities like a walk in a local park, gardening or sitting in a green space, can provide real benefits.



4. TRY A MINUTE OF MINDFULNESS

When we're stressed or anxious, mindfulness can be a great way to break the cycle and bring ourselves back into the moment. You don't have to spend ages doing it to feel the benefits.



5. DRINK WATER

Staying hydrated can help you concentrate, improve short-term memory, and boost your overall mood, making it one of the simplest mental wellness tips.



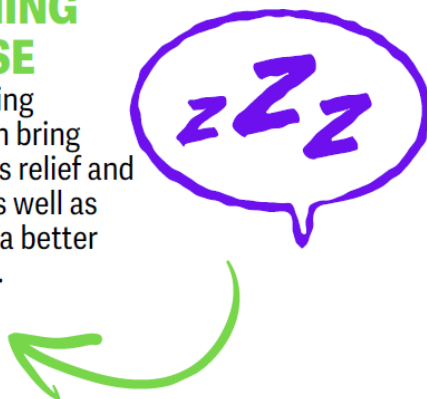
6. PHONE A FRIEND

Call a friend, family member, or loved one for a catch-up, some fun conversation, and emotional support.



7. TRY A BREATHING EXERCISE

Deep breathing exercises can bring instant stress relief and relaxation, as well as help you get a better night's sleep.



8. CREATE A RELAXING BEDTIME ROUTINE

Good quality sleep helps your brain work better, improves your mood, and is good for your overall health. Having a pre-sleep ritual, something as simple as settling down in bed with a book and a warm decaffeinated drink, can help you wind down ready for sleep.



9. PRACTICE GRATITUDE

Remind yourself each day of three things you are grateful for.



10. BE KIND TO YOURSELF

If you're finding it hard to cope in the moment, try not to beat yourself up. Instead, aim to appreciate or celebrate the smaller things you've done.



Everyone deserves good mental health.
For more tips and information visit [mentalhealth.org.uk](https://www.mentalhealth.org.uk)



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

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 18 May 2026

Timings	Monday 18 May	Tuesday 19 May	Wednesday 20 May	Thursday 21 May	Friday 22 May
08:00-08:40 Independent revision	Chemistry (paper 1) - Foundation/Higher SC21 - PB	English Literature (Paper 2) EN10 - Miss Beck EN11 - Mrs Henderson-Thynne EN12 - Mrs Cairns EN14 - tbc EN15 - Mrs Robinson-Dodd EN16 - Miss Small EN17 - Miss Rees EN18-Miss Rooks EN19 - Mrs Hunter EN111 -Mr Barnes	French (listening/reading) - Foundation/Higher MFL - tbc	English Language (Paper 1) EN10 - Miss Beck EN13 - Miss Chisholm EN12 - Mrs Goodacre EN14 - Mrs Kendall EN15 - Mrs Robinson-Dodd EN18 - Miss Small EN17 - Miss Rees EN16 - Miss Rooks EN19 - Mrs Hunter EN18 - Miss Rooks	N/A
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	Chemistry (paper 1) - Foundation/Higher - 105/132 mins (24/3)	English Literature (Paper 1) - 135/169 mins (168/44)	French (listening/reading) - Foundation/Higher - 80/105 mins (10/2)	English Language (Paper 1) - 105/132 mins (169/48)	N/A
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.	135 mins - Go to café for late break (11:30 - 11:50) and return to P3 (Computer Science and Child Development students to take food/drink directly to revision classrooms) 169 mins - Go to café for late break (11:55 - 12:15) or go straight to	90 mins - Go to café for late break (10:30 - 10:50) and then to the remainder of P2. 101 mins - Go to café for late break (10:40 - 11:00) for the remainder of P2.	135 mins - Go to café for late break (11:30 - 11:50) and return to P3 169 mins - Go to café for late break (11:55 - 12:30)	N/A
11:30-12:15 Revision session (changes to P3)	Sport Science CNAT - Reducing Risk Sports Injury MA21 - Mr Wyllie MA22 - Mr Docherty	Child Development - TE10 - Mrs Pallas and FD 11- Miss Bowman Computer Science (Think Algorithm Program) COM31 - Mr Cooper COM37 - ACL	Business CNAT (Ent & Mrkt: enterprise Marketing Cncpt Wtn) BS39 - Mr Mahon Religious Studies A (P2a Excl Text) RE - Tbc	Business (OCR - paper 2) BS31 - Miss Ness BS39 - Mr Mahone	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	Sport Science CNAT - Reducing Risk Sports Injury - 75/94 mins (34/10)	Child Development - 75/94 mins (24/8) Computer Science (Think Algorithm Program) - 90/113 mins (34/9) Computer Science (Think Algorithm Program) - 90 mins (2/0) - 2:45 pm	Business CNAT (Ent & Mrkt:entrprse Mrktng Cncpt Wtn) - 75/94 mins (18/5) Religious Studies A (P2a Excl Text) - 105/132 mins (24/3)	Bussiness (OCR - paper 2) - 90/113 mins (50/10)	N/A
Arrangements after exam	75/90 mins - To go to the remainder of P5.	75/90/94 mins - To go to the remainder of P5. 113 mins - To go to the year base for the remainder of P5. 90 mins (2:45pm) - To leave school site	75/94 mins - To go to 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.	N/A
Supervising staff	English Literature (Paper 2) EN10 - Miss Beck EN11 - tbc EN12 - tbc EN14 - tbc EN15 - Mrs Robinson-Dodd EN18 - Miss Small EN17 - Miss Rees EN16 - Miss Rooks EN19 - Mrs Hunter EN111 - Mr Barnes	French (listening/reading) - Foundation/Higher MFL32 - AMD	English Language (Paper 1) EN10 - Miss Beck EN11 - Mrs Henderson-Thynne EN12 - Mrs Goodacre EN14 - Mrs Kendall EN15 - tbc EN18 - Miss Small EN17 - Miss Rees EN16 - Miss Rooks EN19 - Mrs Hunter EN111 - Mr Barnes	N/A	N/A

Calendar Dates and Upcoming Events for the Summer Term

Date	Event
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