



Parent Bulletin

Principal **Dr A T Fowler**

Issue 32: w/c Monday 1 June 2026 – Week 1

Dear Parents and Carers

After a slow start, the temperature in May appears to be on the rise. From the perspective of students sitting examinations, the cooler temperatures have been a bonus, and I am glad that any heatwave will be contained to the half term holiday week. By the time we return to school on 1 June, the forecast is for temperatures to have reduced again.

This newsletter contains some information about activities for the half term and the summer. It is good to see the Birtley Community Pool continue to thrive: please do use the pool and support this community venture. Every time I see the logo I remember that this was designed by Callum, a Lord Lawson student, whose skills had been developed with Miss Murray in our Art and Technology Department. If you or your children would like to become more involved in the work of the Birtley Community Pool, please see their newsletter for opportunities to become a trustee or a volunteer.

We are also very happy to bring to your attention the work of CricketQube, who are offering free sessions for girls and their families. The rise of women's cricket has been a phenomenal success story in recent years. When I was a headteacher in Kent, I lived close to the county cricket ground in Canterbury, and I was fortunate to see the England Women's Cricket team, including one of my former students, play South Africa. It was an exciting and unforgettable experience. I am delighted that Lord Lawson's deputy head girl, Erin, is involved in cricket at a high level locally, and I encourage other students to become more involved too.

Finally, thank you for all your support for your children over the past half term. The way that students of all ages have helped their peers by observing noise limits around school during exam times has been excellent: a real display of community spirit. I hope you and your children have an excellent and enjoyable half term break. We look forward to welcoming all our students back on Monday 1 June at the usual time of 08:40am.

With all best wishes,

Yours faithfully

Dr Andrew Fowler
Principal



Birtley Community Pool – May Half Term Activities

Birtley Community Pool are running a full timetable of activities throughout the May half term holidays, including two inflatable obstacle courses they will have in the main pool, **plus** the water slide in the main pool on Mondays, Wednesdays, Fridays and at weekends, which proved to be a huuuuge hit with children (and adults) alike, during the February and Easter holidays.

There is also a short piece on the work experience undertaken by one of our year 10 students, Rohan Morrison, which he completed at the Birtley Community Pool.

For further information and a full list of their activities, along with their timetable for use of the main pool, and updates on funding they have secured for two new projects, please use the following link to access their May newsletter which can also be found on our website:

[Birtley Community Pool May Newsletter and Timetable of Events](#)

Mrs S Wakefield
Office Manager

CricketQube

CricketQube, working in partnership with Gateshead Council and Play On Gateshead, are offering a **free** cricket opportunity for female students and their families.

The **FREE** Girls and Women Cricket sessions are open to girls aged 8 and above, who can be accompanied by their mums, carers, and any other female family members. No experience of playing cricket is needed, just a willingness to have fun and try something new.

The sessions run every Thursday, from 6:00pm to 7:00pm, at the Deckham Family Hub, Gateshead, NE9 5PA. They are beginner-friendly and a great opportunity for girls to build confidence, develop new skills, and enjoy quality time with family in a fun and supportive environment.

To book a place, please click on or copy and paste the following link: <https://www.cricketqube.com/pages/book> or scan the QR code found in their flyer later in this bulletin.

Mrs S Wakefield
Office Manager

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



Performing Arts Updates

Performing Arts London West End Theatre Educational Visit: July 2026

On Wednesday 10 June, 5:30pm to 6:00pm, we will be hosting an information evening for the parents and carers of students who are participating in the Performing Arts London Educational visit in July. Parents have already confirmed their attendance at the evening and students were given a further information letter during today's meeting. We look forward to meeting with you on 10 June.

Dance Leaders Year 7 and 8 Dance Club Lunch: Monday 1 June, 12:45pm in Dance Studio (PA13)

A new Dance Club is launching on 1 June, which will run every Monday lunchtime from 12:45pm in the dance studio.

This opportunity will be led by our current Year 9 Dance Leaders as part of their Dance Leaders qualification. All Lord Lawson dancers are welcome and this is a great opportunity for those students who would love to dance within school but are unable to commit to our provision of after school extra-curricular activities.

For more information about either the London West End Theatre Educational Visit, or the Year 7 and 8 Dance Club, please email me directly at sbrown@lordlawson.academy and I will be happy to help.

Miss S Brown

Subject Leader – Performing Arts

Year 10: Revision Planner

All Year 10 students received their mock exam schedule, revision support and revision organiser within their bespoke Revision Planner this week. A digital copy of the Revision Planner has also been uploaded to ClassCharts as an announcement, and can also be found on our website using the following link: [Year 10 Revision Planner](#)

The week has been full of ambition and excitement as students prepare for their upcoming mocks, which begin week commencing Monday 22 June 2026.

As their parents and carers, we encourage you to actively talk about the upcoming mock exams with your children, encourage daily attendance to school and hard work, and to seek support from the year team or teaching staff should you (or they) need it.

Carefully planned revision materials will be available on ClassCharts throughout half term and in the upcoming weeks.

In the words of some of our students... it's time to "lock in!"

I continue to be very proud of this wonderful group of students.

Mr Cumiskey

Year Leader – Year 10

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

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



AGES 8+

GIRLS & WOMEN

CRICKET



**THURSDAYS 18:00 - 19:00
STARTING 19TH MARCH**



**DECKHAM
FAMILY HUB
GATESHEAD NE9 5PA**

FREE

- **EASY TO LEARN AND PERFECT FOR BEGINNERS**
- **QUALITY FAMILY TIME FOR MUMS & DAUGHTERS**
- **BUILD CONFIDENCE AND NEW SKILLS**
- **ACTIVE, SOCIAL AND SUPPORTIVE ENVIRONMENT**



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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](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

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 1 June 2026

Timings	Monday 1 June	Tuesday 2 June	Wednesday 3 June	Thursday 4 June	Friday 5 June
08:00-08:40 Independent revision	N/A	Physics (paper 1) - Foundation/Higher SC22 - Mrs Dann	Mathematics (paper 2&5) - Foundation/Higher MA20 - Miss Seddon MA21 - Mrs Green MA22 - Mrs Barras MA23 - Miss Scully MA24 - Mr Hunter MA25 - Mrs Jackson MA26 - Mr Robertson MA27 - Miss Cassidy MA28 - Mr Bramham MA29 - Mrs Hulme	History (paper 2) HI31 - Mrs Livesey HI32- Mrs Tahir	English Language (Paper 2) EN10 - Ms 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 - Mr Barnes
08:40-08:55 Guided revision		Combined Science (Synergy Paper 2) - Foundation/Higher Speak to class teachers			
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		Physics (paper 1) - Foundation/Higher - 105/132 mins (24/3) Combined Science (Synergy Paper 1) - Foundation/Higher - 105/132 mins (139/41)	Mathematics (paper 2 & 5) - Foundation/Higher - 90/113 mins (170/47) Foundation - 94/39 Higher - 76/8	History (paper 2) -120/150 mins (53/15)	English Language (Paper 1) - 105/132 mins (169/48)
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.	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.	120 mins - normal break - Go to café for late break (11:10 - 11:30) and then to P3. 150 mins - Go to café for late break (11:40 - 12:00) and then 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.
11:30-12:15 Revision session (changes to P3)	N/A	Portuguese - Independent revision - year 11 base	Geography (paper 2) GG35 - Mr Surtees GG32 - Mrs Connor GG33 - Dr Winstanley	French (writing) MFL32 - Mrs McDowell	Music PA10 - Mrs Hall
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		Portuguese (listening/reading) - 105 mins (2/0)	Geography (paper 2) - 90/113 mins (65/15)	French (writing) - 70/88 mins (10/2)	Music - 75/94 mins (3/1)
Arrangements after exam		105 mins - To go to the year base for the remainder of P5	90 mins - To go to the remainder of P5. 113 mins - To go to the year base for the remainder of P5.	70/90 mins - To go to the remainder of P5.	75/95 mins - To go to the remainder of P5
Supervising staff	Physics(paper 1) - Foundation/Higher SC22 - Mrs Dann Combined Science (Synergy Paper 2) - Foundation/Higher Speak to class teachers	Mathematics (paper 2 & 5) - Foundation/Higher MA20 - Miss Seddon MA21 - Mrs Green MA22 - Mrs Barras MA23 - Miss Scully MA24 - Mr Hunter MA25 - Mrs Jackson MA26 - Mr Robertson MA27 - Miss Cassidy MA28 - Mr Bramham MA29 - Mrs Hulme	History (paper 2) HI31 - CL HI32- ATR	English Language (Paper 2) EN10 - Ms 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 - Mr Barnes	Biology (paper 2) - Foundation/Higher SCXX - Combined Science (Synergy Paper 3) - Foundation/Higher Speak to class teachers

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 – As You Like It, Jesmond
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 (Please note this is a training Day for staff and students will NOT be in school during the day. They must attend the evening in full uniform)
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