



# Churchfield C.E. Primary Academy

[www.churchfield.staffs.sch.uk](http://www.churchfield.staffs.sch.uk)

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Trust Headteacher: Mr G. Lloyd

Friday 8<sup>th</sup> May 2026

## Next Week

*Dates of future events are at the end of the letter*

Monday	Year 6 SATS - SPAG Lunchtime Club Coding	After School Clubs Pedal Power Multi-Sports
Tuesday	Year 6 SATS - Reading Lunchtime Club Film Club	After School Clubs Art Club Gymnastics Club Forest School Club
Wednesday	Year 6 SATS - Maths Arithmetic and Reasoning 1	
Thursday	Year 6 SATS - Maths Reasoning 2 Lunchtime Club Dance	
Friday	Lunchtime Club Calm and Create Celebration Assembly for invited parents	

Dear Parents and Carers

The children all look great today dressed as animals and wearing the masks they have made this week. Many of the children will be participating in a special Live Lesson this afternoon and I know the teachers have quite a few different activities planned for today. Happy 100<sup>th</sup> Birthday Sir David Attenborough!



### ***Toys in School***

We have noticed an increase in the number of toys and other items being brought in from home in the last couple of weeks, especially Needohs. Please can you ensure that children do not bring any kind of toy in from home. I know that some children use 'fidgets' to help them concentrate during lessons. These are fine to be brought, as long as this has been agreed with your child's teacher and the fidgets themselves do not become a distraction.

### ***Outside Areas***

Please ensure that children are supervised whilst waiting outside nursery at the end of the day. This is especially important for older siblings who are waiting. There are a lot of little ones around and parents too, and I see quite a few near misses from my window. I also ask that parents do not allow their children to play around and potentially damage the Remembrance Tree outside the hall - this is still a young tree and was donated to the school, we would be very sad to see it damaged. Thank you all for your support with this.

### ***Bee Conservation Trust***

Year 2 have been working hard this week creating our new bee-friendly area on the field. They have dug out areas and planted seeds this week, as we continue to work towards the Gold Award from the Bee Conservation Trust.



### ***Year 3 Trip to Statfold Railway***





On Thursday Year 3 had a brilliant day out at Statfold Railway. The learned lots about the railways, had a train ride, explored the museum and even managed some time on the soft-play. Mrs Reed tells me the children were a credit to the school and member of museum staff made a point of letting her know what a kind and caring class they were. Well done Squirrels!



### ***Good Luck to Year 6!***

It's that time of year again. Next week our Year 6 children will be taking their end of Key Stage 2 SATS. It can be a difficult time for the children, but as always, we will be doing all that we can to keep them calm and happy - especially with SATS breakfast club! All the children have worked incredibly hard this year and throughout Key Stage 2 and they will all do their very best next week. I am sure that you will all join me in wishing the Year 6 children (and Mr. Ansell!) the very best of luck for next week. Year 6 you will be amazing!

If you have anything you would like to discuss further, please do not hesitate to get in touch.

Yours Faithfully

A handwritten signature in black ink that reads "G Lloyd".

Mr G Lloyd  
Trust Headteacher

### *Value of the Month: Reverence*

Reverence is the proper human response to what is holy and sacred. It is related to awe and respect. It is this profound respect that is expressed in the Biblical phrase 'the fear of the Lord'. This is not fear in the sense of terror or abject grovelling but a reverent acknowledgment of God's greatness and our complete dependence.

Such reverence is the proper response to the mystery of life and death, or to the created world in which we live.

*Only fear the Lord and serve Him in truth with all your heart; for consider what great things He has done for you.*

1 Samuel 12:24

### **Upcoming dates**

Friday 22 <sup>nd</sup> May	Break up for half-term
Monday 1 <sup>st</sup> June	Children return to school
Monday 1 <sup>st</sup> June	Year 4 Multiplication Tables Check - runs for two weeks
Monday 8 <sup>th</sup> June	Phonics Screening week - Y1 and some Y2
Friday 19 <sup>th</sup> June	School closed for INSET Day
Thursday 2 <sup>nd</sup> July	Sports Day
Friday 17 <sup>th</sup> July	Last Day of term: Year 6 Leavers Performance and Family Picnic

# 10 Top Tips for Parents and Educators

## MANAGING EXAM STRESS

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

### 1 PRACTISE WORKLOAD WISDOM

The build-up to exams can feel overwhelming, with competing demands on time and energy. Encourage young people to reflect on whether their workload is realistic and allows them time to rest and recharge. Support them in creating a manageable revision timetable that includes regular breaks and occasional days off. Remind them that plans can be adjusted if they feel overwhelmed, helping to reduce the pressure and prevent burnout.

### 2 CLEAR UP THE CLUTTER

A cluttered workspace can reduce focus and increase stress levels. Encourage young people to keep their study area tidy and organised, with clearly arranged notes and materials. A calm, dedicated space can support concentration and create a more relaxed mindset. Adding colour, mind maps, or creative elements can also make revision feel less daunting and more manageable.

### 3 MASTER THE MATERIALS

Revision can feel particularly stressful if young people are unsure where to begin. Help them confirm key study topics and materials, ensuring they're using accurate and relevant resources. Reducing uncertainty can help them feel more in control of their learning. Reassure them that they don't need to know everything perfectly, as building their understanding over time is what matters most.

### 4 GET CREATIVE WITH NOTES

Writing out detailed notes, rather than relying only on bullet points, can strengthen their understanding and retention. Encourage young people to turn these notes into flashcards for regular review and repetition. Feeling familiar with their material can boost their confidence and reduce anxiety during exams. This approach can help them feel more prepared and less likely to panic under pressure.

### 5 USE VISUAL MEMORY AIDS

Visual resources can make learning more effective and reduce their frustration when information feels difficult to grasp. Encourage the use of diagrams, videos, sticky notes, and colour coding to reinforce key ideas. Creating simple mnemonics can also make information easier to remember. Using a variety of methods can help prevent mental fatigue and keep revision feeling fresh and manageable.

### 6 BUILD A TECH TOOLKIT

Technology can be a valuable supporting tool during exam preparation when used in a balanced way. Educational websites, revision platforms, and subject-specific videos can help explain complicated topics clearly, reducing the risk of confusion or stress. Encourage young people to use these tools to support – rather than overwhelm – their learning, and to take regular breaks from their screens to protect their wellbeing.

### 7 KEEP REVISION ENJOYABLE

Revision is often more effective when it feels engaging and varied. Encourage young people to incorporate humour, real-life examples, or creative approaches into their learning. Mixing study methods, including light physical activity such as short walks, can also improve their mood and focus. Enjoyable revision experiences can help reduce stress and make the process feel more positive and sustainable.

### 8 USE ACTIVE STUDY METHODS

Active revision techniques can help young people feel more confident and in control of their learning. Strategies such as spaced repetition and active recall, including self-testing or explaining concepts aloud, can highlight both their strengths and areas for improvement. This clarity can reduce last-minute panic and support a calmer, more prepared approach to exams.

### 9 USE AI THOUGHTFULLY

AI tools can support revision by making learning more personalised and manageable. Young people can use them to generate practice questions, summarise information, or break down topics into simpler steps. Used carefully, these tools can reduce overwhelm and save time. Remind young people to check AI information with trusted sources to ensure its accuracy and build confidence in their understanding.

### 10 PRACTISE WITH ONLINE TOOLS

Online revision platforms can help young people test their knowledge and track their progress. Many offer quizzes, flashcards, and practice papers aligned with exam boards. Encourage regular self-testing – including timed activities – to build up familiarity with exam conditions. Becoming more comfortable with the format of exams can reduce anxiety and help young people approach them with greater confidence.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of Social Enterprise UK's 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



See full reference list on our website



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