



Headteacher: Mrs Donna Mitchell

The Holy Family Catholic High School, Longhedge Lane,
Carlton, North Yorkshire, DN14 9NS

Telephone: 01405 860276
Email: enquiry@holyfamilycarlton.org **Website:** www.holyfamilycarlton.org
Friday 17th November 2023

Dear Parents and Carers,

Year 11 Mock Exams – 4th to 15th December

This week Year 11 have been issued with their Mock Exams timetable, a copy of which will be sent to all Y11 parents. All pupils have had workshops on how to plan their revision and have been given suggested revision techniques to use. The whole year group also had a session, led by the Wellbeing in Mind Team, giving useful tips and strategies to help maintain positive mental health.

You can help your child by asking some quick recall questions for each subject and by helping them to memorise and learn these key points over breakfast or in the evenings. Remember a healthy body is just as important as being mentally prepared when it comes to being ready for an exam. Prioritise healthy meals, lots of water and fresh air during the mock exam fortnight.

Anti-bullying Awareness Week

Our students have led assemblies this week with the focus on Anti-Bullying Awareness and the 'Make a noise about bullying' campaign. They spoke about our virtues and that we all have the responsibility to help others and not be bystanders to bullying. Well done to all students who have contributed and participated.



Message from Miss Howard, our School Games Organiser:

Research shows that teenage girls have the biggest drop off in taking part in physical activity and mums find it harder to get back into sport and physical activity once they have started a family.

On **Tuesday 5th December** our School Games Organiser, Miss Howard, will be hosting a pilot after-school sports club for 'mums and daughters'.

Don't worry that the premise is 'mums and daughters'; we are fully inclusive and if your daughter would prefer to come with an aunty, an older cousin (over 21) or, of course, dad (or any adult that your daughter would like to join them), they are more than welcome.

The pilot session will offer a range of activities to try. You will be able to move around at your own pace. From this session we will then collect feedback and will run future events based on any comments received. These will inform what future sessions could look like, how often you would like sessions to run and what activities would you like to try.

In the future, this could lead to a Dads and Sons version and a primary school version with our very own leaders.

If you would like to attend on Tuesday 5th December, please respond to the group call text sent on 16/11/23 or email SHoward@holyfamily.bkcat.uk

Event reminders

Thursday 23rd November Year 10 – Online Core subject parents evening.
Thursday 30th November Prize Presentation Evening – Y11 leavers summer 23

Mrs D. Mitchell
Headteacher