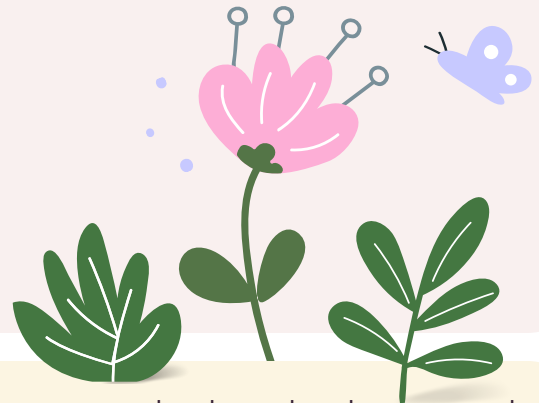


# SPRING NEWSLETTER



What a great Spring Term we have had here at Ancora House School. It is lovely to write this message in slightly warmer weather, while the sun is shining. The young people at Castle Park have had a busy term. Our year 11s and Post-16s have been building up to their GCSE exams that begin in May, as well as completing functional skills tests. They will be receiving revision work for the Easter Holidays, to help them structure their revision time.

We have had a number of learners take part in Duke of Edinburgh activities this term, as well as carrying on with their work experience.

Some of our learners helped make costumes for a local dance company, and we had some brilliant pancakes made in honour of Shrove Tuesday.

Carol, from The Money Charity, came in to deliver some fantastic sessions on budgeting and banking. Gareth from Esteem ACET UK led sessions with the learners around positive relationships, which the young people fully embraced and got involved with, asking mature and thoughtful questions.

Our students have also been very busy thinking about next steps, visiting colleges, completing virtual work experience, and applying for various courses.

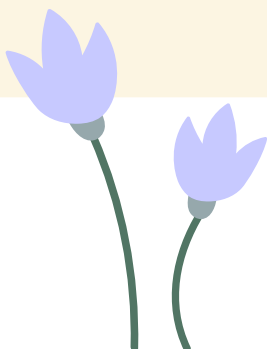
It has been lovely to see our young people grow in confidence over this term. All the staff wish you all a restful break and we look forward to seeing everyone revitalised on 15th April.

*Carli*

## THE MONEY CHARITY

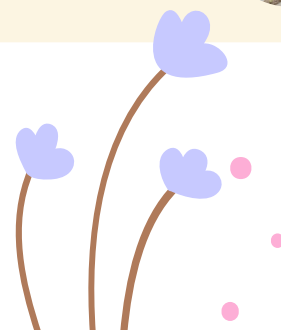
The money workshop really helped the students learn why it is important to save.

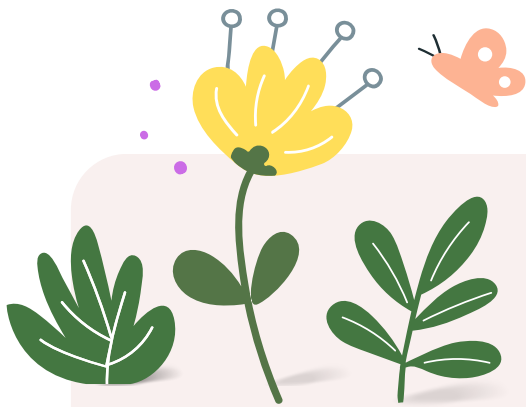
The pupils learnt about low priority, medium priority and high priority savings. I really enjoyed how interactive the workshop was and it was good fun.



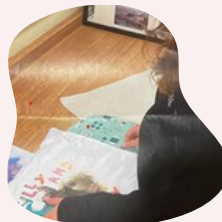
## SPIRIT OF THE HERD

Students have been challenged with trying to hide Bonnie the Ponies medication in her feed.





## DUKE OF EDINBURGH



The Duke of Edinburgh Awards offers the opportunity to discover new skills and talents, which our students are certainly doing. For the Skills section this term we have pupils dressmaking, guitar playing, learning sign language and creating mix media art.

Volunteering in a local primary school has been a big hit for our students as well the young pupils they work with, and provided great work experience, helping develop confidence and self-esteem.

## IMAGINARIUM

At the Imaginarium I learn to do different projects and build dioramas. We are now learning about the green ship by Quentin Blake. We have started building a pirate island called imagination island for our diorama. As the book is set in the 30s, we have made the room old fashioned with one part a study with an old record player and desk. Also, if you go out that area there's a bridge leading to the entrance of the chill room where the green ship is. The chill always has a ship which is decorated on theme. E.g.: if it was Christmas it would be covered in fake snow.

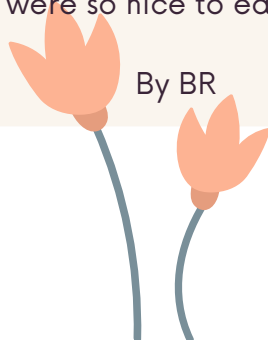


## PANCAKE DAY

We made pancakes on Tuesday 13th February in the school kitchen for Staff and pupils. We had fillings such as Chocolate spread, lemon & sugar. We had to make lots as everyone wanted them. They were quite easy to make, and we cooked them by frying them.

We needed eggs, flour, salt & milk. It was fun making them and flipping them over without dropping them. They were so nice to eat too.

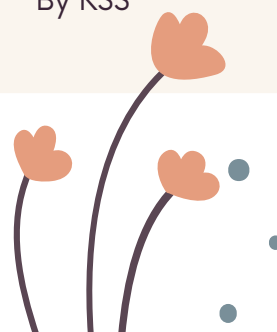
By BR



## READING PROJECT

I enjoy doing my work experience at the primary school. It's good fun and it's great to interact with children who need a little bit more help with their reading. It's really good experience and it's shown me that I have good communication skills with children and it's helping me to develop my confidence in a workplace setting.

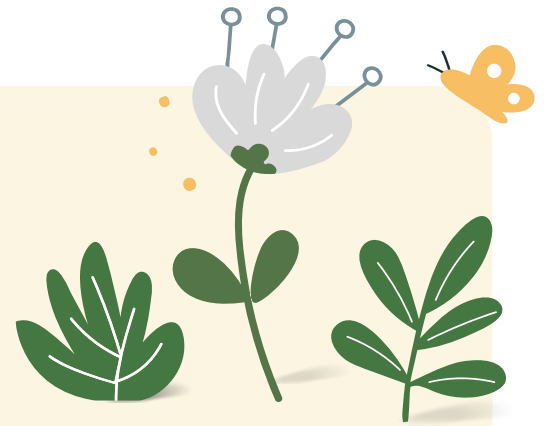
By KSS



## Revision resources:

**BBC Bitesize  
Mr Bruff**

# ENGLISH



**World Book Day:** The young people engaged in a World Book Day Quiz, where teachers were asked to share the title of a book that had an impact on them and why. The young people were required to decipher which book belonged to which staff member, based on their explanation. The young people thoroughly enjoyed this and it got everyone talking about literature- bonus!

**KS4 & P16:** The KS4 and P16 students are currently exploring Literature and Language Paper 1, studying language and structure analysis as well as texts, such as An Inspector Calls.

**Creative Writing:** The young people will be analysing and exploring a range of texts in depth, considering: narrative hooks, characterisation, setting and plot development. With the skills that they have identified and analysed, students will then be developing their creative writing skills.

\*



# PHYSICS JOKES

Two atoms bumped into each other. One said, "I think I lost an electron." The other asked, "Are you sure?" The first replied, "I'm positive!"

Why can't physicists trust stairs?

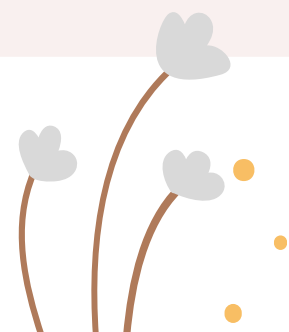
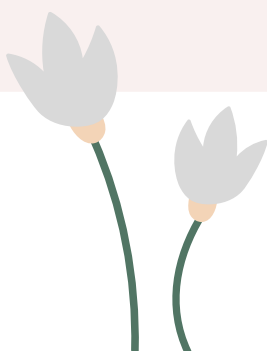
Why can't you trust an atom?

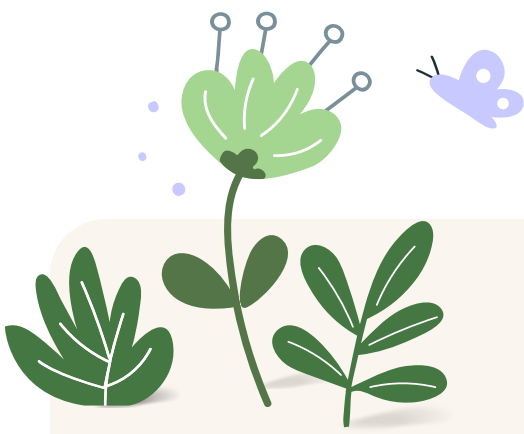
Because they're always up to something

They make up everything

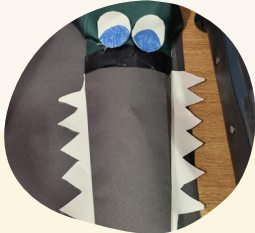
What type of books are easy for physicists to get through?

Non-friction books





A variety of learners were involved in creating costumes for North West Dance Studios, who were performing a ballet of Peter Pan. The young people in school created T-Shirts for the Lost Boys, Crocodile hats for reception age children and bear ears for nursery and reception aged children. The costumes looked fantastic on stage.



## STEM



During STEM sessions some of the young people have constructed wind up toy animals. Although they were challenging to make they have used instructions and lots of small parts to make the animals that can walk a short distance after they have been wound up.

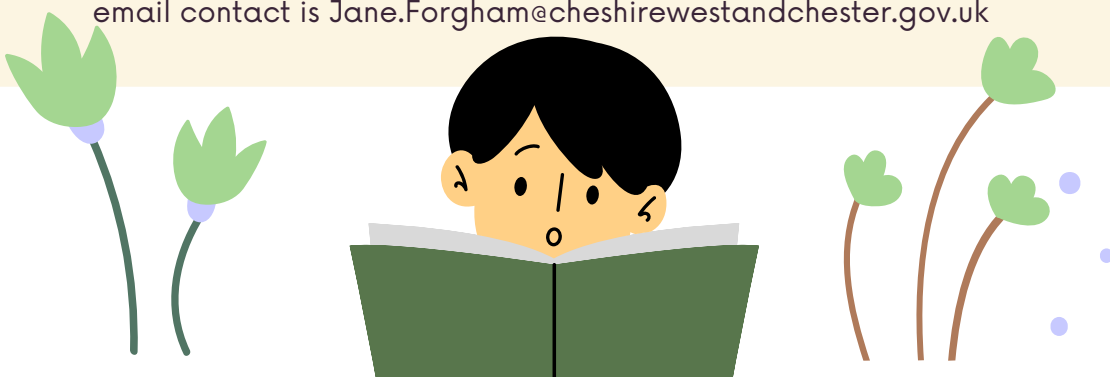
## TRANSITIONS

Students have had a busy term, taking part in virtual work experience projects as well as in person work experience opportunities. This has included a Tattoo Artist Project, Vistry Construction virtual work experience, Virtual Fashion Design Project, and working within primary schools in a variety of roles. Students can also include these experiences in the volunteering aspect of their Duke of Edinburgh award.

Our PSHE day this term focused on finances and we had a guest speaker from The Money Charity to provide information and advice. Our Key Stage 3 students completed the Planning and Budgeting Workshop and our Year 11 and Post 16 students took part in the Savvy Consumer and Banking Workshop.

Many of our Year 11 students, have visited colleges and applied for the courses they would like to access next year. We will now be arranging supported transition plans with college where needed, to ensure a smooth transition to their intended destination.

Jane Forgham our Young Persons Advisor link, is also available to provide guidance and support with next steps options for students in the Cheshire West and Chester area. Her email contact is [Jane.Forgham@cheshirewestandchester.gov.uk](mailto:Jane.Forgham@cheshirewestandchester.gov.uk)



# LOOKING AFTER YOUR MENTAL HEALTH DURING EXAMS



Remember rest is crucial when revising – do not feel guilty about taking time out. Rest enables a clear and rejuvenated mind.

Write your worries down – when you get see them visually you can categorise them into things you can solve yourself, things that make take time and those affected by external factors. You can then see the issues you can solve quickly and take some weight off your shoulders.

Get outside – getting outside into the fresh air and sunlight can revive you between revision sessions.

Plan in breaks – plan your revision around activities. When you do a timetable, put in fun activities you want to do and then work your revision schedule around this.

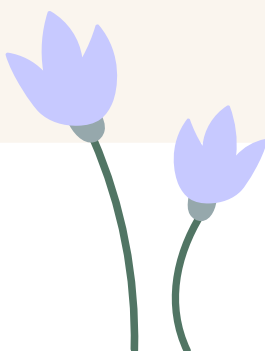
Stay realistic – there will be days when you feel you just can't revise. Listen to your body/mind. Doing something small is better than doing nothing.

Quality over quantity – it is not about the number of hours you revise, but the effectiveness of your revision.

Get enough sleep – don't be tempted to stay up late to revise. You need a regular routine to help your sleep pattern.

## POSITIVE REMINDER

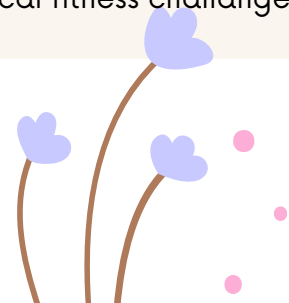
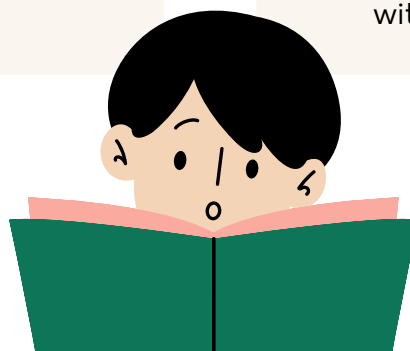
- Believe in your ability
- Grades don't define you
- Exams will be over soon
- Be proud of yourself



## MOVEMENT HELPS \*



Moving your body in any way is proven to help your concentration. Take a leaf out of our students book who got involved with a local fitness challenge





## REVISION TIPS

Find a space that works for you – try and keep your bedroom and revision space separate. This means your bedroom is not associated with work and anxiety.

Make posters – you can put them on the walls so you are visually taking in the information.

Short bursts, not long hours – divide your day into productive blocks of revision so you can have time in between for other activities.

Try new methods - Flashcards, mind maps, voice notes, videos and even teaching the work to a friend/family member/pet/wall (!) can all be used to engage different areas of our brain.

Start with what you enjoy - "If you're lacking motivation, start with the subjects you enjoy the most. It will help you find your rhythm and set you off to a good start

Mark your exams on a calendar – this will help you plan out your revision timetable.



\*

## GCSE INFORMATION

The first GCSE exam is on 10th May, and the last is 19th June. Each learner has their own exam timetable that has been given to them and emailed home.

On the days that a learner does not have an exam, they are expected in school to be supported by staff with revision and wellbeing.

From 17th June, Year 11s will be expected into school Monday, Wednesday and Friday afternoon, 1.30-3pm until 28th June. These sessions will support with transition to next steps and are invaluable in preparing for moving on to college.

