



WEST HILL SCHOOL

Aiming High Since 1927

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Dear Parent/Carer

I would first like to wish you all a very Happy Easter. In this letter you will find some information regarding advice for Year 11 boys in relation to their GCSE preparation; some changes in relation to the school's policy in relation to drinks high in either sugar and or caffeine; details in relation to the end of this term and also a reminder of the remaining term dates for this academic year.

Year 11 Revision

As you will be aware the GCSE examination season is quickly approaching and Year 11 boys will be working very hard during lessons in preparation for these very important examinations which will determine the opportunities available to them once they leave West Hill School.

It is essential that the boys are as well prepared for these examinations as is possible. They need to ensure that they work as hard as they possibly can during lesson time; they also need to be doing at least a couple of hours of work each night, on a Saturday and a Sunday in terms of revision and/or homework. They need to ensure that their revision is well planned in advance and that they follow a carefully designed revision timetable.

During the Easter and May half term breaks it is not a time for relaxation. Boys should endeavour to work through these holidays as if they were in school. Therefore they should be doing approximately 6 to 7 hours of revision each day during this time. This needs to be broken up into manageable time periods of around 45-50 minute sessions with small breaks in between and larger breaks of 30 to 45 minutes after 3 or 4 sessions.

It is also important that as well as working and revising hard it is essential that boys get sufficient exercise, get sufficient sleep, eat healthily and stay hydrated; as this has been shown to have significant positive impact on the levels of concentration and performance of young people.

We ask that you support your son and the school in ensuring that your son is as fully prepared as he can possibly be for this very important stage in his school career.

Drinks high in sugar and or caffeine.

In my October letter I highlighted to you that some boys were bringing in large packets of crisps, biscuits and bottles of drink, high in either caffeine or sugar. I also described the issues of consuming large amounts of sugar in terms of, not only the long terms health risks, but more importantly on the negative impact on the concentration and learning of young people during the school day.

In my letter I said that we would not expect to see such drinks into school and although the majority of boys adhered to this request, we have seen some boys who are still not following our advice.

Therefore, we have now decided to ban all drinks high in sugar and or caffeine from the school site. This includes sports drinks, some of which contain over double the maximum recommended amount of sugar in one bottle. Boys bringing drinks on to the school site which are high in sugar or caffeine will have their drinks confiscated.

In light of this decision the school has also reviewed the drinks which boys can purchase from school and although the drinks we were selling were DfE compliant, on re-inspection the school has decided that as we cannot control the number of bottles of the drink boys bought in one day there was the potential for boys to exceed the maximum amount of sugar quite easily and therefore we have stopped selling them.



Currently and until further notice school will be selling bottled water and milk. If boys wish to bring their own drinks into school I suggest they also only bring in water.

Advanced information

Prefect Interviews

As part of preparing our students to become good citizens and be ready for the world of work we try to give them various levels of responsibility at different stages in their school lives, for example, peer mentors, school councillors, team captains etc. However, perhaps the most important opportunity is the process of becoming a prefect, one that all boys will have the chance to experience during their time at West Hill. This term, all year 10 pupils have been briefed on the role of the Prefect and the application procedure. Potential candidates are now busy preparing their application form and supporting letters for the selection process. The next step for each candidate will be an interview with current prefects, governors and members of staff.

In order to facilitate these interviews and make them as close as possible to a real life experience, school will close at **1.55 pm on Friday 7th April** to allow them to take place. All interviews should be completed by **3.00pm**

Pupils in years **7, 8 and Year 9b** will be dismissed for the day at the end of period 4 (**1.55 pm**).

Pupils in **Years 9a, 10 and 11** will have lunch as normal between **1.25 and 1.55 pm**.

If they are not involved in the interview process, they will be allowed to leave school once they have finished their lunch. A number of Year 11 pupils will be required to stay in school to complete their ECDL examination. Parents of the boys involved in this will be notified on an individual basis.

Term Dates

School closes for Easter on Friday 7th April 2017 (please see information above in relation to closing times)

School re-opens Monday 24th April 2017 at 8:45am

School is closed for May Day on Monday 1st May 2017

School closes for half term Friday 26th May 2017

School reopens Monday 5th June at 8:45am

Yours sincerely

Mr A F Harrison