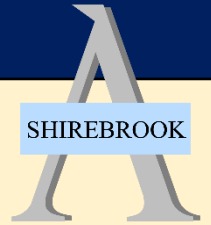


Shirebrook Academy



LEAVER'S ASSEMBLY

Leaver's assembly will be taking place on Tuesday 24th June.

Students are to arrive at 11am, and enter from the car park through the side gate.

Students do not need to be in uniform, but should be dressed appropriately.

Students will be given the opportunity to sign shirts.

The leavers assembly should be finished at 12:45pm, when staff will say their final goodbyes, and students will be asked to leave site.

Please be reminded, we would like the support of Parents/ Carers with our Leavers assembly and have asked if you could kindly provide us with a photograph of your child in their younger days. These can be emailed to jmoran@shirebrookacademy.org.

Special Thank You to all of those we have already received, it should make for a great display!

SCHOOL EQUIPMENT AMNESTY

As we begin to think about moving into September, and new college courses, A-Levels or apprenticeships, now may be the time to have a good clear out of unwanted school equipment.

Any revision guides that are no longer required would be gratefully received, as well as any scientific calculators that may have found their way home by mistake.

If you have been provided with any other specific school equipment during your time at the academy, please ensure this is also returned.



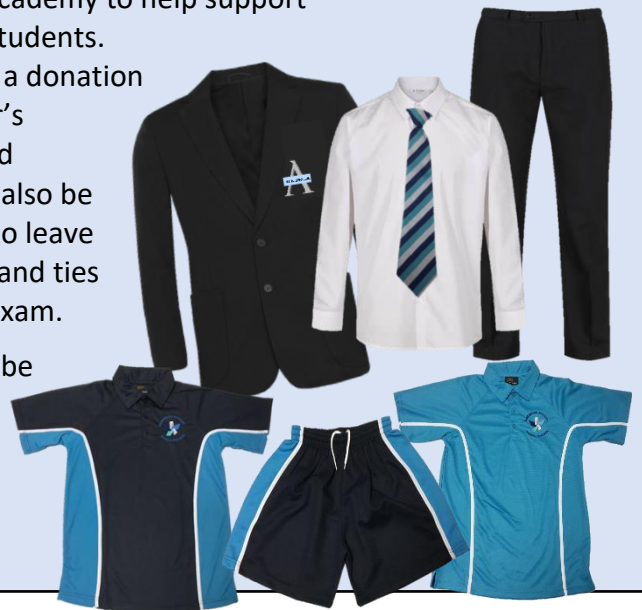
UNIFORM DONATIONS

The Year 11 team would like to thank you for your support with uniform throughout the academic year, and appreciate all of the positive responses to texts and phone calls we have made.

We would like to ask for your continued support with donating any good quality uniform items, including PE kit, back to the academy to help support our current students.

There will be a donation box at Leaver's assembly, and students will also be encouraged to leave their blazers and ties at their last exam.

All items will be gratefully received.



Coping with exam pressure - a guide for students



How to control physical reactions to anxiety



Deep breathing

When you become anxious your breathing becomes shallow and fast. Breathing slowly and deeply will help you calm down and feel in control.

How do I do it?

- 1 Sit comfortably with a straight back.
- 2 Place your left hand on your chest, and right hand below it, on your diaphragm.
- 3 Inhale deeply through your nose for 5 seconds.
- 4 Hold your breath for 2 seconds.
- 5 Exhale slowly through your mouth.
- 6 Feel the expansion in your diaphragm.
- 7 Repeat for 1 or 2 minutes until you feel calm.

Shirebrook Academy

Friday 20th June – Ringwood Hall, CHESTERFIELD

Deadline for purchasing of tickets is Friday 7th June – However, if circumstances have changed, please do not hesitate to contact us and we will do our best to accommodate.

Please ensure any students who are attending the Prom with dietary requirements, have notified the Year 11 team in advance so appropriate arrangements can be made.

Prom will be starting at 7pm, with students asked to arrive from 6:30pm. Prom will finish at 11pm when students will need to be collected.

It promises to be a great night for all students, and we will do our very best to ensure it is an appropriate and fitting send off for the Class of 2025.

If any of you require any assistance at all in sourcing transport, clothing, or anything else relating to prom, please do not hesitate to get in touch with us. We are always happy to support in any way we can.



GCSE RESULTS DAY – August

School will be open from 8am until 11 am on August 21st for students to come and collect their examination results.

Parents are welcome to attend too.

There will be staff present from the careers team, and plenty of advice and support available for students to ensure they are fully planned and prepared for their next steps in September.



And finally..... A BIG THANK YOU

It has been an honour and a pleasure to work with each and every one of our Year 11 students throughout this academic year, we have had our fair share of trials and tribulations, sadness and laughter, but we wouldn't have been able to do any of it without the support of the parents, carers and community behind us.

We really do appreciate everything you have done from your regular and timely communication and your unwavering support in helping us to ensure that all of our students feel valued and supported.

We couldn't have done it without you, so Thank You

Mrs McAteer : mmcateer@shirebrookacademy.org

Mr Moran: jmoran@shirebrookacademy.org

Mr O'Reilly: doreilly@shirebrookacademy.org

Year 11 Pastoral Team

