



**Two Boats School**

# Newsletter

Friday 21<sup>st</sup> June 2024



Hello Everyone,

Term 3B has started and it is hard to believe that in five week the academic year 2023-2024 will have finished.

It has been a very busy time for us all here at TBS! We said goodbye to our Class of 2024 at their Prom on Saturday 8<sup>th</sup> June. It was a fabulous occasion and we had the support of so many people across the Island community, to all of you, thank you kindly for your support.

Our half term week was super busy with the conclusion of the GCSE exams. Also all staff gave up a day of their holiday to come in to do some classroom reorganisation and clearing out. Again we had support from the community to help us with this. Thank you to the whole teaching team, Chris and the Mitie boys for supporting us with the heavy lifting and to Peter and his team for collecting all the waste from school to dispose of.

We welcomed to school two new temporary staff members: Mr Kevin Hudson joined us as Caretaker to cover for Mr Arnold and Mrs Jolene Thomas joined us as EYFS TA covering for Mrs Glynis, although Mrs Thomas has been here filling in previously albeit in a different role. We hope both team members enjoy their time here with us.



This week we also say Goodbye to Conor Surman-Burke from Year 6. All of us here at TBS wish Conor the very best for his new school and new adventures ahead.

## Summer School

Please remember if you would like your child to take part in the summer school you must register their name with Tash in the office. Spaces are limited.

## House Points

Today we had our celebration assembly as we always do for the first assembly after the holidays.

Well done and Congratulations to all the students receiving star of the term certificates, end of term house point certificates and star of the week certificates. Keep working hard!



The house cup was retained again this week by Cronks! Great job to all the students in Cronks!



## COBIS Accreditation Audit

A reminder that our second part of the COBIS Audit will take place from 8<sup>th</sup> – 12<sup>th</sup> July and will be an onsite visit. There will most probably be an opportunity for parents to speak with the inspector so if this is



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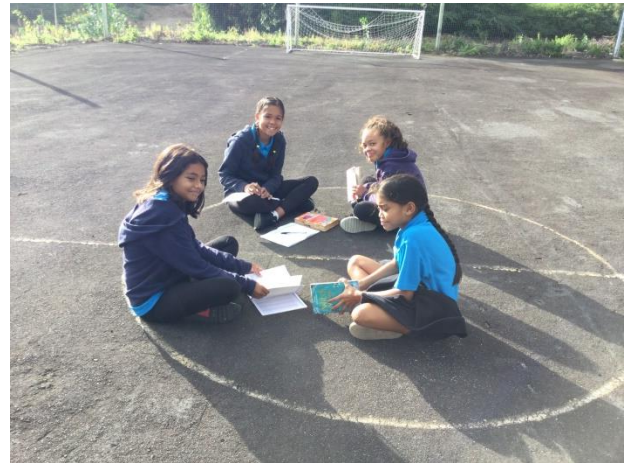
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something you might like to do then please register your name with Tash in the Office. The week will end with our annual Awards ceremony at 1.30pm on Friday 12<sup>th</sup> July. We look forward to seeing many of you there for this assembly.

Finally – this week was Wellbeing week at TBS. Thank you to Mrs Giles for organising this. I leave you with a selection of pictures of activities the students got involved with.



From a peaceful and relaxed space, I wish you all a lovely weekend!

Tania Maggott  
Head Teacher





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Welcome to the Secondary newsletter.

This week we started the end of year exams and these continue into next week so we thought we'd share some stress reducing advice, Thank you Mrs. Giles

## Look after Yourself!

- Teenagers need between 8 and 10 hours **sleep** a night.
- **Drink** lots of water (avoid caffeine and high energy/ sugary drinks)
- **Eat** slow – release carbs (brown bread, rice and pasta, also fruit and veg)
- **Exercise** for at least half an hour a day
- **Treat** yourself to dark chocolate (fights the stress hormone and releases endorphins)
- Schedule in **rest breaks/** time to unwind (e.g. have a hot bath, bake or watch a funny film)

## Avoid...

- Using digital devices half an hour before bed
- Drinking coffee, tea or energy drinks in the evening (these will hinder sleep)
- Negative or stressed people
- Comparing yourself to others
- Cutting out all the enjoyment in your life
- Setting ridiculous goals

## Strategies

- Listen to **classical music** – this is less distracting than music with lyrics. Classical music is also known to boost brain power.
- Break your revision down into **small chunks** (use the revision table to help)
- **Treat** yourself/ set goals – if you achieve so much do something that you like. Revision involves a lot of discipline
- Go for a walk – **fresh air** helps alleviate stress

## Helpful Apps

### Well-Being Support Apps

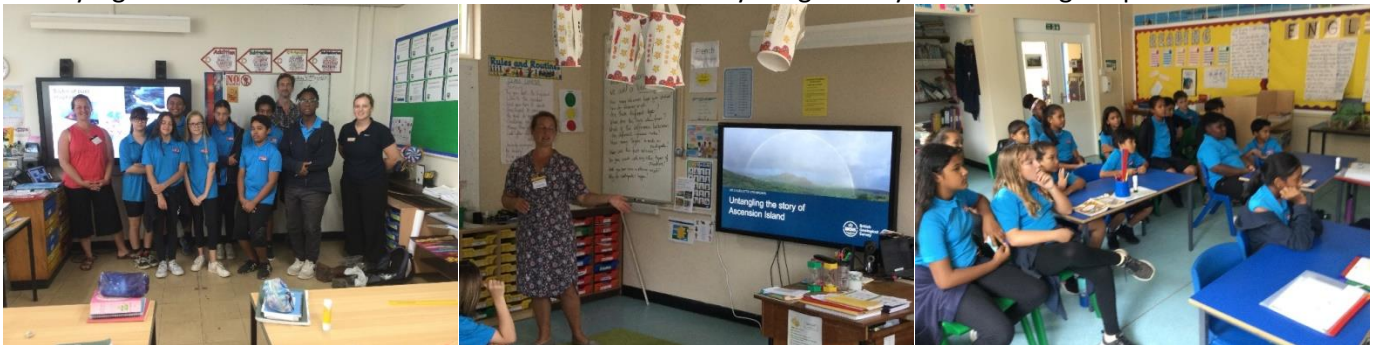
- 1. Stop, Breathe & Think**  
A friendly app to guide people through **meditations** for mindfulness & compassion.
- 2. Clockwork Tomato**  
Clockwork Tomato is a **time management** application, a method that boosts productivity by breaking down work periods into 25-minute slices, separated by short breaks.
- 3. Lily Fitness Pal**  
It can be very valuable to **exercise** during the exam period but it is also crucial to make sure that you're fuelling your body with the right foods.
- 4. Noisli**  
Noisli is designed to help you block out frustrating **background noise**, help get yourself in the zone and reduce stress.

### Revision Apps

- 1. Quizime**  
It works like this: you pick your subject and your exam board, then you take part in **quizzes** to test your knowledge. Not only do you get instant feedback, you are also given detailed explanations, so if you go wrong, you can work out why.
- 2. MindMap and Bubl.us**  
MindMap or Bubl.us help create **mind maps** that can easily be shared with friends too. It works the same as it does on paper, but it is more mobile and, arguably, more collaborative.
- 3. Quizlet**  
Quizlet enables students to create their own revision **flashcards**, as well as to use sets created by others. Teachers can also create sets to share with their students.
- 4. Memrise**  
Great for learning and **testing vocab/** new words.
- 5. Get Revising**  
Create **revision timetables** using Get Revising Study Planner tool.

## Last week the Volcanologists visited Ascension.

Students across KS2 and KS3 were lucky to meet visiting Volcanologists Charlotte and Richard Vye-Brown who came to speak to students about how Ascension Island formed. Charlotte explained how the island was made up of different types of volcanic rock and had formed over 100,000s of years. Students were able to pose questions beforehand which the scientists were able to answer, including if the Island was likely to erupt in the future. The answer... **yes**. Sisters only erupted around 500 years ago, meaning that Ascension is still active. I'm sure we don't need to worry too much as there are scientists like Charlotte and Richard who are monitoring the Island constantly for any sign of volcanic life. Two Boats School would like to say a big thank you for coming to speak to us.



Last week we said good bye to our year 11 class of 2024 in assembly and they had their Prom. We miss them and wish them well in their youth training.

Meanwhile year 10 prepare for their work experience and are excited to see what real life work is all about.

"Excited ... but nervous!"

"Haven't done anything like this before, so looking forward to a new experience 😊"



"Nervous about talking to new people!"

"Looking forward to being in a different environment away from school."



## PROM NIGHT 2024

'A night of elegance' and a Las Vegas theme was Prom Night 2024 on Saturday 8<sup>th</sup> June at the Encompass Mess. Year 11 students, all elegantly and handsomely dressed for the occasion, celebrated the graduation of their compulsory schooling with their parents, staff members and invited guest. Miss Henry, their Form tutor gave a small speech followed by Mrs Maggott, who also wished them well and thanked a number of people who helped to make this event happen. Head student, Isabella Lutman also gave a speech thanking her classmates and teachers for their educational journey.

We send 'Class of 2024' all good wishes for their future endeavours.

