

Dates for your diary

Date	Event / Activity	Year Group
Friday 8 May to Sunday 10 May	Year 7 Condoover Hall Boys Football	Year 7
Saturday 9 May	Year 11 Saturday Revision Session (final session) - 10am to 1pm	Year 11
Sat 9 & Sun 10 May	DofE Bronze cohort 1 practice expedition	Year 10
Thursday 14 May	Year 7 Red Kite Alliance Science Competition	Year 7
Friday 15 May	Year 8 HPV vaccinations	Year 8
Sat 16 & Sun 17 May	DofE Bronze cohort 1 final expedition	Year 10
Tuesday 19 May	Senate	
Wednesday 20 May	National Numeracy Day	All years
Friday 22 May AM	Year 10 Big Picture morning - preparing for work experience week	Year 10
Friday 22 May Period 3	Year 11 Leavers Assembly	Year 11
Friday 22 May	End of Summer 1 Term - 3.30pm finish	All years
Monday 1 June	Start of Summer Term 2	All years

Assemblies

Day	Time	Year	Location	Additional Information
Monday				No Year 11 assembly (Summer Exams)
Tuesday	8.50am 9am	7 12	Hall Forum	Year 7 - register in the Hall from 8.40am Year 12 - register with Form at 8.50am then Forum
Wednesday	8.50am	8	Hall	Register in Hall from 8.40am
Thursday	8.50am	10	Hall	Register in the Hall from 8.40am
Friday	8.50am Period 4	9 7	Hall Hall	Register in the Hall from 8.40am Register in the Hall P4

Year 8 HPV vaccinations

The school immunisation team will be in school on Friday 15 May to carry out the Year 8 HPV vaccinations. Students are encouraged to wear a vest top under their school shirt/blouse. Vaccination times will be detailed on your Arbor calendar. Please make your way to Gym 2 for your vaccination at the designated time, after your vaccination, please return to your lesson quietly.

Spotlight - Mental Health Awareness

Mental Health Awareness Week will take place from Monday 11 May to Sunday 17 May . The theme this year is 'Every Action Counts'.

Mental Health Awareness Week is an annual event where the whole of the UK comes together to focus on achieving good mental health.

We know that people thrive when they have strong connections with others and supportive communities around them. We also know that people who are more socially connected to family, friends, or their community are happier, physically healthier, and live longer, with fewer mental health problems than people who are less well connected. Communities can provide us with a sense of belonging, safety, support in hard times, and give us purpose.

This week, our assemblies will focus on mental health awareness. Use the top ten actions below to support good mental health.

ACTION
FOR YOURSELF.
FOR SOMEONE ELSE.
FOR ALL OF US.

MENTAL HEALTH FOUNDATION
MENTAL HEALTH AWARENESS WEEK
11-17 MAY 2026

Our top ten actions to support good mental health

These simple actions may help lift your mood and improve your ability to cope with life. Try a couple and find which works best for you.


1. PLAN SOMETHING TO LOOK FORWARD TO
Making plans for things we enjoy can increase our sense of hope, which is important for our mental health. It could be a plan to sit down with a cup of tea and take a quiet five minutes, or a long-term plan for an ambitious trip. Whether it's a big or small goal, the important thing is to plan it.




2. EAT WELL
One of the simplest ways to improve mental health is by eating a healthy, balanced diet. Not only can it support your emotional health, but introducing small habits, such as staying hydrated or having fruit snacks, can help make changes stick easier.




3. GET CLOSER TO NATURE
Spending time in nature can boost your mood, lessen stress, and help you concentrate.



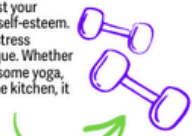
4. GET GOOD SLEEP
Good quality sleep helps your brain work better, lifts your mood, and is good for your overall health.




5. GET CREATIVE
Spending time on creative activities is a great way to help ease stress and anxiety. Carve out some time to listen to music, paint, sing, or do whatever you enjoy most.




6. MOVE REGULARLY
Being active can boost your mood and raise your self-esteem. It's also an effective stress management technique. Whether you go for a walk, do some yoga, or vigorously clean the kitchen, it all counts.



7. TRY MINDFULNESS
Being fully aware in the present moment can positively change the way you feel about life and how you approach challenges. Aim to notice the colour of the sky, the sound of leaves, or the feeling of your feet on the ground.




8. MAKE TIME FOR FRIENDS
Having good relationships with others can help you feel like you belong, allow you to share experiences, and receive emotional support. It's a great reason to have a catch-up with a friend on the phone.



9. BE KIND
Bad days happen to everyone. If you're having a tough time, remember to treat yourself with kindness and understanding. You're doing the best you can.



10. TALK THINGS OVER WITH SOMEONE YOU TRUST
It can take a lot of courage to tell someone else how we're feeling or what we're finding hard. Just talking things through with a person we trust can feel like a relief and make us feel less alone.



Everyone deserves good mental health.
For more tips and information visit [mentalhealth.org.uk](https://www.mentalhealth.org.uk)

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If you do need to talk to someone, please use the REACH out app, talk to your form tutor or year manager. There are also many outside agencies who are available to support young people. These can be found on [this link](#).

Wellbeing and Mental Health Support

The school has strong links with local agencies and organisations which offer mental health support services. Click on [this link](#) to access more information.



REACH Out app

Our school does not tolerate bullying or harassment of any member of our community and all incidents are taken seriously. If you experience or witness this, please click the REACH Out button on your iPad.

Exam Arrangements

Students in Years 11, 12 and 13 continue with their external exams this week. It is important that we follow the guidance below.

Out of Bounds Areas

Due to the external exams that are now taking place in the Sports Hall and Gym 1. The following areas will now be out of bounds:

- The area in and around Gym 1 and the PE entrance
- The area at the back of the Sports Hall near the Otley Road exit. This includes the grassed areas before the astro.

Expectations

- Considerate of those students taking their exams by keeping noise to a minimum.
- Check for room changes daily
- Follow staff instructions when directed on alternative routes
- Remember that exams can be taking place in other areas of school e.g. classrooms in Sixth Form facing the rugby pitch. Please be silent when passing these areas during your PE lessons.
- Classrooms that are being used for exams will have a notice on the door and/or in the corridor - please remain silent when passing these classrooms or use alternative routes where directed



Our Respect Pledge



Changes to registering for PE lessons during the exams period

- Registration for core PE lessons will take place on the basketball courts
- Please line up quickly, in alphabetical order, in your PE lesson
- Changing rooms:
 - Boys - usual changing rooms
 - Girls - Gym2 changing rooms
- Please move quietly between the basketball courts to the changing rooms and then to your designated PE area

Lunchtime arrangements

Please note the new break and lunchtime arrangements from Thursday:

- Year 11 can access the Hub from noon to 12.25pm (if they have an afternoon exam).
- Year 11 If no exam, they can go straight into lunch at 12.55pm
- Year 10 can go straight into the Hub at 12.55pm
- Year 9 can queue by A14 from 12.55pm
- Year 8 will continue to be called for lunch
- Year 7 will continue to be called for lunch

Termly Curriculum Overviews What am I studying this term?

Click on the links opposite to find out what topics you will be studying this term in each subject.

Year 7, 8 and 9
Year 10 and 11
Year 12
Year 13

Information for Year 11

Saturday Revision - Final Session - Saturday 9 May

Our final Saturday revision session will take place in school this weekend.

- Saturday 9 May 10am to 1pm

To sign up for this final session, ask your parent/carer to sign up via Arbor Parent App/Clubs section.



Pre-Exam Technique (PRET) sessions

Ahead of each exam, a PRET session will take place in school, these are compulsory sessions.

- Morning exam - PRET session will take place at **8.25am** - you can access the Hub from 8am for complementary refreshments e.g. flapjacks, fruit
- Afternoon exam - PRET session will take place at **12.25pm** - you can access the Hub from noon to purchase food.

Further details including where these PRET sessions will take place will be added to your Arbor calendar.

Date	Session	Exam	PRET
Monday	AM PM	English Literature paper 1 Business paper 1	8.25am, Forum 12.25pm, Forum
Tuesday	AM PM	RS paper 1 Biology - Triple & Combined	8.25am, Forum 12.25pm, Forum (Triple) 12.25pm, A12 (Combined)
Wednesday	AM PM	Geography paper 1 Computer Science paper 1	8.25am, Forum 12.25pm, H11
Thursday	AM PM	Maths paper 1 (non calculator) German Writing	8.25am, Forum 12.25pm, S03 (Higher) 12.25pm, S05 (Foundation)
Friday	AM PM	History paper 1 Sociology paper 2	8.25am, Forum 12.25pm, Forum

Revision Sessions in School post Half Term

After half term, revision spaces in school will be available to book via Arbor.

- **Subject specific revision** - you can focus on a specific subject, with a subject specialist teacher available to answer any questions. [Click here to view the timetable](#)
- **Independent Silent Study** - a quiet environment in the LRC where you can revise independently

If you would like to attend any of these sessions, these should be booked via Arbor/Trips. Please note, there is a maximum number of students for each session so places are offered on a first come first served basis.

Attending a revision session - remember to sign in and out at the student entrance.



U12 Girls Football Success

Well done to the U12 girls football team who are through to the finals of the County Cup. A great performance all round and a special well done to Eden for getting player of the match.



Good Luck to the **U12 girls, U14 girls and U14 boys** football teams who are taking part in County Cup fixtures on Monday 11 May.

Student Leadership Team trip to the clocktower

The annual clocktower visit for the Student Leadership Team in their final week of school. Thank you to Sophie, Alex, Holly, Isaac, Cameron, Flynn, Ingrid and Chiamaka for their hard work and commitment to the role.

You have been a fantastic team and we wish you every success in your futures.



Year 13 Leavers Assembly

On Friday, we held our final Year 13 assembly. It was a tearful event as we wished them all good luck and every success in the future. Please keep in touch and good luck with your forthcoming exams.

HGS Sixth Form students are hosting a Summer Tea Party on Tuesday 30 June 2026 for local senior citizens.

If you are able to contribute items for the raffle, please drop off at Main School or Sixth Form reception by Friday 19 June.

Any donations gratefully received, thank you.



Alumnus Rafe fundraising for Brain Tumour Research

Wishing alumnus Rafe the best of luck with his run next month, from John O'Groats to Land's End raising vital awareness and funds for Brain Tumour Research in memory of his Dad.

To support Rafe and his fundraising challenge please click [here](#)



Year 13

Summer 2026 Exam Timetable

Please click [here](#) to access the summer exam timetable.

Please note there is one contingency day on the timetable. All students taking A level examinations must be available on this date in case of any disruption.

Full exam information can be found [here](#) on the website or in Arbor on individual timetables.

Study space available in school

During the exam study leave period, the LRC will be open to Year 13 students from 8am to 5pm, should you prefer to revise in school.

Students should sign in and out through the InVentry system at Sixth Form reception.

Accepting University Offers

Deadline for accepting offers:

All offers received by 13th May = 3rd June 2026

Ahead of these dates we strongly recommend that you wait and consider your decision carefully, there is no rush.

You will be selecting 2 choices out of the offers you have received.

Firm choice: The university that you most want to attend

Insurance choice: A university that you would be happy to attend if you do not gain the grades for your 'firm choice'. Typically, your 'insurance choice' should have lower grade requirements than your firm.

When making your decision it is important to consider all the following:

1. Is the course content right for you? Look at the type of assessment and the specific modules
2. Is the university and the city the right place for you to live for at least 3 years?
3. Are the grades achievable, for a firm choice and for an insurance choice?

Only after careful consideration of the above, should you commit to making your choices.

Information for Sixth Form Students

Year 12 - Key Dates

Date	Event
Tuesday 12 May	UCAS registration in Progression
Friday 22 May	Break for half term
Friday 5 June	End of year exams begin
Monday 8 June	Home study period begins
Monday 22 June	Students return to lessons in school (except where an exam is taking place)
Tuesday 23 June	End of year exams finish
Wednesday 1 July	Progression Day 1 in School
Thursday 2 July	Progression Day 2 at home to draft personal statement or complete structured apprenticeship / employment tasks
Friday 3 July	Training Day - no school
Tuesday 7 July	EPQ deadline
Friday 10 July	Final day in school
Monday 13 July	Work experience week

Year 12 End of Year Assessments

**Friday 5 June to Tuesday 23
June**

Please find the timetable for the forthcoming Year 12 End of Year Assessment period [here](#) Individual timetables including rooming and start times have been added to Arbor and will be emailed to students in due course.

Year 12 External Examinations

Please follow the link [here](#) for the 2026 External Examination timetable. Individual timetables can be accessed via Arbor.

The exams team have emailed details of the exam regulations to those who are sitting exams this summer.

Students have been allocated study leave to prepare at home in the morning if they have an afternoon exam. If students have an exam in the morning, they are expected to attend lessons in the afternoon.

Information for Sixth Form Students

Year 12 Summer Term Letter

Please follow the link [here](#) to access a letter from Mr Twitchin detailing important information about the end of year assessment period and work experience week.

Year 12 Study

All timetabled study periods will now be in the study centre S10

Year 12 prospective Medics and Dentists

We will have a UCAT training meeting on Tuesday 12 May lunchtime in S03. Please arrive by 1.05pm. This is an opportunity to try some situational judgement questions.

Progression and Careers

Oxbridge application June Evening Webinars

St Catharine's College Cambridge and Brasenose College Oxford are running a series of hour-long Oxbridge application webinars at 6pm during June. They are designed for Year 12s applying to Oxford or Cambridge this autumn.

Personal Statements: Tues 2nd June 6pm [register here](#)

Aptitude Tests: Tues 9th June 6pm [register here](#)

College Choice and student Q&A: Tues 16th June 6pm [register here](#)

For the Personal Statements webinar, those Year 12s that have had or will have face-to-face sessions on this from Brasenose need not come along, as it's likely to be the same material and examples. We will still offer a mix of online and face-to-face interview workshops in the autumn.

Year 12 World of Work Week - Commencing 13 July 2026

We have selected a range of virtual work experience options for you to choose from if you have not secured an in-person placement. These have been chosen across a breadth of industries to cover each of our 6 career pathways and then a further general, employability skills option.

What you need to do:

1. Three of the best websites for finding virtual work experience opportunities are [Unifrog](#), [Springpod](#) and [Forage](#). Follow the links to find out more.
2. Register on the website (follow the link) for the virtual experience you are most interested in. [Employability skills options do not require you to register – skip to the next step]
3. Add the placement to Unifrog using the instructions below:
 - a. Click on 'add placement' and select 'virtual placement'
 - b. Select Mr Twitchin as the 'placement coordinator'
 - c. Add the name of the company you are doing the virtual work experience with and give details about what the programme involves. For example, if it is a finance programme with Barclays on Springpod then you would enter 'Barclays' in the name of business/placement.
 - d. Add 'Miss Russell' to the 'employer placement lead name' along with the email address russellh@hgs.rklt.co.uk

There are many other new opportunities live this week including some fantastic degree apprenticeships on the links below.

[Career and Apprenticeship Opportunities](#)

[Work Experience](#)

[Super-curricular](#)

[Career Pathways](#)