

# Rivers

Education  
Support  
Centre

Dates for your  
diary:

Monday 19<sup>th</sup>-Friday 30<sup>th</sup>  
April

GCSE examinations &  
Coursework catch up

Monday 3<sup>rd</sup> May – Bank  
Holiday

Monday 24<sup>th</sup>-Friday 28<sup>th</sup>  
May

Functional Skills  
examination week

**Please do not take your  
Year 11 child on holiday  
before the 18<sup>th</sup> June as  
they may be required to  
sit further assessments  
or submit additional  
coursework in this time.**

**Year 10s will be in school  
until July 22<sup>nd</sup>.**

# READ ABOUT KEY STAGE 4 RIVERS

Welcome to our latest edition of the Key Stage 4 Newsletter. As we slowly head out of 'lockdown' I hope this finds you all well and looking forward to a Summer of 'catch ups' and new memories!

As you will see from the items in the Newsletter this term, it is going to be another busy one, filled with examinations, but it is also one where we will be planning to say a sad farewell to our Year 11s. We will be discussing in the forthcoming weeks how we can mark their departure, hoping that, unlike last year, we can celebrate their achievements in person.

Nicky Traynor (Key Stage 4 Centre Manager)

## Role of Honour for Half Terms 3 & 4



Art – DSw  
Employability - DSw  
English - NC  
Enterprise – AP  
Fitness - CC  
Food – NC  
Horticulture - DS  
Imedia - BA  
Maths – BA  
Personal Development - TM  
Princes' Trust – OJ  
Science - TM  
Sport – BA  
Teambuilding – RF  
Work Experience - CE  
YHC - AS

## IMPORTANT EXAMINATION INFORMATION

The forthcoming half term will be a busy one, filled with GCSE examinations. It is vital that ALL students take these examinations seriously as they will be used as evidence for their grades this year. We will, of course, be doing our utmost to ensure they are well prepared and well looked after for the duration of these two weeks.

While every room is being used at Key Stage 4 for the examinations, can students please do their lateral flow Covid tests at home twice a week as our testing centre will not be available during this time. If you require extra tests, we can ensure your child brings some more home.

As well as the examinations, students may be required in centre to catch up on their coursework subjects (as per their individual timetable). Should your child complete a subject before this date, the subject teacher will inform you personally (if your child is unsure/unclear as to whether they have finished, please do contact us).

Revision books and material have already been provided for students to bring home but if you require anything additional, please ask.

I would like to take this opportunity to wish all the students the very best of luck, I am sure they will do us all proud!



I would also like to thank in advance, our staff who will be incredibly busy invigilating and marking the examinations throughout this period, it is greatly appreciated!



# Looking for something for your Child to do in the Summer?

## [NCS | No We Can | National Citizen Service](https://www.wereencs.com/)

The Summer that turns no you can't into No We Can. If you're 15-17, NCS is the experience you've been waiting for. Oh, and it's all in for just £50

<https://www.wereencs.com/>

**Students will be finding out more about this in Employability lessons this term, but if you want to know more, please use the website above**



While you are on the internet why not head to our website <https://www.riversesc.herts.sch.uk> to check out our online Art Gallery of students' work this year



# YCH Services for Young People Positive Pathways Project



## Who are YCH SfYP?

YCH Services for Young People (YCH SfYP) is part of Hertfordshire County Council. We provide free youth work projects, information, advice, guidance, work related learning and wider support for young people across Hertfordshire.

## Get involved

**Who?** 13-17 year olds  
**When?** Wednesdays  
1:30-3:30pm  
**Where?** Waltham Cross  
Young People's Centre,  
Stanhope Road, Waltham  
Cross, EN8 7DJ

## Find out more

 @ychsfyp.broxbourne  
 @BroxbourneTeam



## Positive Pathways Project

The Positive Pathways Project supports young people in the Broxbourne area who are engaging in anti-social behaviour, or are at risk of doing so.

You'll be able to socialise with other young people and make new friends, while also exploring any challenges and issues that you or your peers may be facing. You can access support from our friendly and qualified youth workers, who can deliver advice and support on a wide range of topics, including planning your next steps and identifying and how to achieve your goals.

By taking part in fun and interactive activities and workshops, you'll be equipped with the skills to boost your confidence, make more positive choices and live a safer lifestyle.

Call 01992 588220 | Text 07860 065173  
Email [ychsfyp.broxbourne@hertfordshire.gov.uk](mailto:ychsfyp.broxbourne@hertfordshire.gov.uk)

**YCH**

Services for Young People

# 7 TIPS FOR MANAGING EXAM STRESS

FOR YOUNG PEOPLE

FOR PARENTS/CARERS

Stay organised with to-do lists and study timetables



Give them time off chores and non-urgent family stuff

Take regular study breaks



Encourage them to keep doing the activities they did before exams

Have a dedicated study space



Help them set up a study space and make sure the rest of the family understands

Have a long term goal



Chat with them about what they want to do after exams finish

Get as much sleep as possible



Remind them to go to bed at a regular time each night

Remember your health - eat well and stay active



Go on study break walks with them and try to cook wholesome meals

Talk to the people around you



Make a time to chat to them and let them vent