



DRAYTON MANOR HIGH SCHOOL

WEEKLY PARENT & CARER BULLETIN 18 March - 22 March 2024

KEY DATES FOR THE TERM AHEAD

Events	Dates
Future Frontiers Year 10 Year 13 Mock Exams Start	18/03/2023
UCAS Discovery London Year 12 Supporting Your Child with Revision- Parent Event	19/03/2024
Year 10 Parents' evening	21/03/2024
Year 9 GCSE Options Deadline	22/03/2024
Year 11 Positively You Study Seminar	25/03/2024
Year 13 Mock Exams End END OF TERM	28/03/2024

1. JUNIOR AND SENIOR BASKETBALL TEAMS TRIUMPH IN LONDON YOUTH GAMES QUARTER FINALS

We are delighted to share some exciting news regarding our Junior (U14) and Senior (U16) basketball team representing Drayton Manor and the borough of Ealing in the London Youth Games quarter finals held on Tuesday, 12 March and Thursday 14 March. Facing tough competition at the London Academy our talented teams demonstrated outstanding skill and determination, securing a remarkable victory with a final score of 60 points from the Junior team and 62 points from the Senior team. We are immensely proud of our victorious Drayton Manor team!

2. DMHS BATTLE OF THE BANDS

We're thrilled to announce that the highly anticipated DMHS Battle of the Bands will be held on 24 April 2024, from 5.30 PM to 7.15 PM. This exciting event is a fantastic opportunity for our talented students to showcase their musical skills and creativity. If your child is interested in participating, entry forms are now available for pickup at the music office or can be conveniently filled out on Show My Homework. The Entry Deadline will be on 25 March at 9.00 AM, and the auditions will take place on 26 March during the school day. Please note that the timetable will be published on the Music Noticeboard on Monday, 25 March.

3. YEAR 10 PARENTS' EVENING

The Parents' Evening will be on 21 March from 4.30 PM - 7.00 PM. The online appointment booking system School Cloud is now live until 18 March. During these appointments you will receive key information about your child's progress in each of their subject areas. The evening will focus on how your child is progressing in their subjects and we will therefore not be able to facilitate appointments with tutors at this time.

4. YEAR 13 MOCK EXAMINATIONS

The Year 13 Mock Examinations are scheduled to commence from 18 March and will conclude on 28 March. Please ensure that your child is well-prepared for these exams and encourage them to utilize this opportunity to consolidate their learning and refine their exam techniques.

5. SUPPORTING YOUR CHILD WITH REVISION- PARENT EVENT - TUESDAY 19 MARCH (Open to all parents)

There will be a special on-site Parent Event titled "Supporting Your Child with Revision: Strategies to Foster Effective Revision at Home." This will be held on Tuesday 19 March, from 5.30 PM to 6.30 PM, in the Main Hall. During this session, our teachers will share revision techniques tailored for parents to implement at home, effectively supporting their child's revision process. This event is open to parents from all year groups. Please complete [this form](#) to confirm your attendance. If circumstances prevent your attendance after confirmation, please email adminoffice@draytonmanorhighschool.co.uk.

6. PTA-LED UNIFORM SALE

There will be a PTA-led second-hand uniform sale on 19 March from 5.30 PM. This event will offer an opportunity to purchase quality uniforms at affordable prices. If you have any second-hand uniform to donate, we encourage you to contribute to the school. All money raised from this event will be used by the PTA to support the school.

7. AIDEN MCCLURE GUEST SPEAKER VISIT

We are delighted to announce a special presentation and Q&A session with our guest speaker, Aidan McClure, on Thursday, 21 March during the school day. Mr. McClure has 17 years of experience in the advertising industry and will be at our school to share his invaluable insights and expertise with our students. This presentation will be a unique opportunity for your child to gain firsthand knowledge about this dynamic industry and engage directly with a professional. We highly encourage all parents to inform your children about this enriching event.

8. RAMADAN IFTAR

As Ramadan is currently ongoing, spanning from March 10 to April 9, we want to ensure that all eligible students who have access to Free School Meals while school is in session. Hence, we are pleased to announce our Iftar boxes will be continuing. These boxes can be ordered conveniently using the QR code provided on the poster attached, which can be found towards the end of this bulletin. Each day, after school, your child can collect a takeaway box from room A107 to take home and enjoy. We're also extending this option to non-free school meal students for £2.60 per box if this should be of interest. Should you need any further information please contact adminoffice@draytonmanorhighschool.co.uk

9. ENRICHMENT

Students are encouraged to participate in a selection of activities designed to enrich their learning experience. These activities aim to foster personal growth, skill development, and a well-rounded academic experience for your child.

To explore the full schedule of enrichment options for the 2023 - 24 Academic Year, [please click here](#). We believe these activities will contribute significantly to your child's academic and personal development.

10. PARTNERSHIP WORKING TO ENSURE STUDENT SAFETY

Parent support plays a critical role in helping us keep students safe. A kind reminder that students should proceed immediately home at the end of each day. They must not invite any outsiders or individuals from other schools to the school or associate with them. Students should keep all valuables out of sight. The Senior Team undertakes extensive supervision at the end of the day to ensure students get home safely, including a driving patrol to cover a wider geographical area. As a school, we are grateful to our parents and carers for their support with this matter.

11. NOTICE REGARDING LAST MINUTE APPOINTMENTS

We would request that all dentist and doctor's appointments are booked outside of the normal school day unless they are emergency appointments. Should you need to take a student to an on the day emergency appointment, please contact the school as soon as possible to alert us, prior to your attendance at school.

12. DELIVERY POLICY UPDATE

We are seeing an increase in parents and guardians delivering sports kits, lunches etc., once school has started. Please encourage students to be organised and prepared prior to school. We understand that there may be occasions where items need to be delivered urgently. In such cases, please contact the school office in advance to make necessary arrangements.

13. EALING MENTAL HEALTH WORKSHOPS FOR PARENT/CARERS

Over the Spring term, the Ealing Mental Health Support Team will be organizing a variety of workshops for parents and carers of children who attend schools in Ealing. [Please click here](#) to know more and how you can sign up for the workshop.

14. TOP TIPS

Today's top tips from the National College is around developing healthy sleeping patterns for your child's wellbeing.

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE



Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES



Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS



Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE



Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT



Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES



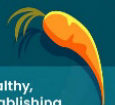
Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP



Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE



Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT



Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

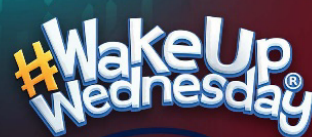
10 MILITARY SLEEP METHOD



Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.





ARE YOU FASTING FOR RAMADAN?

WE HAVE EXTENDED THE DEADLINE ON OUR IFTAR BOXES!

AVAILABLE FROM 18TH MARCH - 28TH MARCH

The kitchen team are producing daily boxes, ready to be collected each day and taken home ready for Iftar.



SCAN THE QR CODE TO
FIND OUT MORE AND TO
RESERVE YOURS NOW FOR
THE WHOLE OF RAMADAN!

BOXES ARE £2.60 EACH OR **FREE
OF CHARGE**, IF YOU ARE ENTITLED
TO FREE SCHOOL MEALS.

