



WEEKLY PARENT & CARER BULLETIN 19 MAY – 23 MAY 2025

KEY DATES FOR THE TERM AHEAD

| Events | Dates |
|-------------------------------------|------------------|
| Year 8 HPV Vaccinations (session 1) | 22 May |
| Year 11 and 13 Celebration | 23 May |
| HALF TERM BREAK | 26 May to 30 May |

1. SUMMER PUBLIC EXAMS TIMETABLE

The Summer Public Exams for Year 11 and Year 13 students have begun. To download and view the full exam timetable, [please click this link](#). We kindly ask all Parents and Carers to review the schedule carefully and ensure students are fully prepared and arrive punctually for each exam. Please ensure your child arrives on time with the necessary equipment. If a student is running late or unable to attend due to illness, please inform the year team immediately and provide medical evidence where applicable. Your support and encouragement during this period are greatly appreciated.

2. EALING BOOK FESTIVAL CONTEST WINNERS

In a fantastic collaboration between the Art and English departments, our talented students from Years 7 and 8 have been awarded prizes for their illustrations and poetry as part of the 2025 Ealing Book Festival Contest. The winners attended a special prize-giving ceremony at the Pitzhanger Manor Gallery, where they had the honour of meeting the Mayor of Ealing, Councillor Yvonne Johnson, and received a bag of prizes and book tokens. The judges praised the high standard of entries, noting how creative, skilled, and unique each submission was. Stay tuned for more updates and photographs in our upcoming newsletter

3. CHECKING THE MYED APP REGULARLY

This is a reminder to regularly check the MyEd app for important updates regarding your child's school activities. This includes notifications about detentions, attendance, newsletters, and other crucial information. Staying informed through the MyEd app ensures you won't miss any important announcements or updates. If you haven't yet downloaded the app, please do so at your earliest convenience. [Please click on this link to know more.](#)

4. UNIFORM

This is a friendly reminder that during the summer months, students are not required to wear jumpers as they are part of the school's winter uniform. Additionally, on particularly hot days, students will be permitted to remove their blazers for their comfort.

PASTORAL

5. YEAR 8 HPV VACCINATIONS

Eligibility for the HPV vaccine for Year 8 students is now available. To book your child for the HPV vaccine, [please click on this link.](#)

PTA:

6. EALING HALF MARATHON VOLUNTEERS NEEDED

We are looking for enthusiastic volunteers from our school community to take part in the Ealing Half Marathon to help raise funds for the School's PTA. This is a fantastic opportunity to support our school while staying active! The PTA will cover the entrance fee for all participants. If you or your family members are interested, [please fill out this form.](#)

7. FREQUENTLY ASKED QUESTIONS: PUBLIC EXAMS FOR GCSE AND A-LEVEL STUDENTS

How important are these exams?

These are the official public exams, so they are extremely important. It is essential that students follow all exam board regulations.

What do students need to know and bring?

Students should arrive at school on time with the necessary equipment.

Key points to remember

- No mobile phones, electronic devices, notes, or watches are allowed in the exam room, even if turned off—possession can result in disqualification
- Use a clear pencil case for all pens and materials
- Bring enough black ink pens and spares
- If bringing water, the bottle must be plain and label-free.

What happens if a student misses an exam?

If a student is running late, please inform the Year Team immediately.

We will try to accommodate them. If illness is the reason, please provide medical evidence to the Year Team.

How can parents support their child during exams?

Parents can support their child by

- Being aware of their exam timetable and upcoming papers
- Packing the necessary equipment the night before
- Ensuring they get a good night's sleep
- Contacting the Year Team with any concerns at adminoffice@draytonmanorhighschool.co.uk

8. TOP TIPS

Today's top tips from the National College focuses on supporting children on returning to their routine.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

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