



Inside Kingshurst

It's A Kind of Magic!

On Tuesday, April 28, our Performing Arts department took 49 students on an unforgettable trip to the Harry Potter Warner Bros. Studio Tour in London. The group included our Year 10 GCSE Performing Arts students, alongside a number of enthusiastic prospective students from Years 8 and 9 who are considering the subject for their future studies.

From the moment the student stepped onto the coach, the excitement was clear. Songs were sung on the bus and stories were shared about their favourite characters and moments from the books and films.

The students had the opportunity to step behind the scenes and gain a deeper understanding of how movie magic is created. A particular highlight of the day was the mise-en-scène workshop where students were able to handle real props and costumes used in the films. This hands-on experience allowed them to explore how costume, set design, and props contribute to storytelling.

During the studio tour, students walked through sound stages showcasing original sets, costumes, and detailed props. From the Great Hall to the Dark Forest, Gringotts Bank and Diagon Alley, every section of the tour offered insight into the craftsmanship and creativity involved in film production.

This trip was not only enjoyable but highly enriching for both students and staff. It provided a valuable opportunity to see how classroom learning connects to real-world creative industries, deepening students' appreciation of performance, design, and production. For our GCSE students, it reinforced key concepts from their coursework, while younger students gained an exciting preview of what studying Performing Arts can offer. Overall, the trip was a huge success, leaving students inspired, motivated, and full of ideas for their own creative work.



Year 7 Football Finalists

On Tuesday last week, our Year 7 team were the last hope of getting any silverware this season. Our opponents were Smith's Wood Academy, and the message was simple - win and we're through to the final. The boys put in an inspired first half performance and for a change, we found ourselves with the early goal. A great run in behind their defence by Oscar who was able to keep a calm head and finish the play off with a 'dink' over their goalkeeper. A lack of communication at the back was punished by our opponents and somehow, we were level after dominating for most of the first half. However, before half-time a great worked freekick found Gracious at the back post who lobbed their keeper. A well-deserved lead was re-established for the half-time break. The second half was scrappy, but our defence stayed strong and Liam put in a man-of-the-match performance in goal to make 3 unbelievable stops when they were through one-on-one. With minutes left on the clock, Jaziah was able to finish off the game with a great slotted finish in the bottom corner - the keeper had no chance. A great team performance and an impressive result meaning the team are through to the final. Watch this space!

Summer Exams 2026: Managing Exam Stress

With the 2026 summer exam session set to begin for formal examinations as of this week, we recognise that students will process this in a myriad of different ways. In addition to the parent guide on page 2 ([CLICK HERE](#)), please find below, hyperlinks signposting a variety of organisations and specialists in exam stress that we hope will be helpful to both students and their families in being able to support them:

- [Easter and exams march 2026 - Kooth & Qwell Resources](#)
- [Exam Stress | Coping Strategies | DEAL | Samaritans](#)
- [Tips for managing exam stress : Mentally Healthy Schools](#)
- [Coping with exam pressure - a guide for students - GOV.UK](#)
- [Info on exam stress - for 11-18 year olds | Mind](#)

Proposed Two-Week October Half Term – Parent Consultation

- Link to the letter outlining the details of the proposed two-week half term consultation: [CLICK HERE](#)
- [Link to the Parent Survey: CLICK HERE](#)

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, most young people will encounter exam stress, which can affect their mental, emotional, and physical wellbeing. Mental health charity YoungMinds estimates that 87% of pupils experience exam-related stress. This highlights the importance of supporting young people to manage exam pressure effectively, maintain perspective, and protect their overall wellbeing during these periods.

1 PRACTISE WORKLOAD WISDOM



The build-up to exams can feel overwhelming, with competing demands on time and energy. Encourage young people to reflect on whether their workload is realistic and allows them time to rest and recharge. Support them in creating a manageable revision timetable that includes regular breaks and occasional days off. Remind them that plans can be adjusted if they feel overwhelmed, helping to reduce the pressure and prevent burnout.

2 CLEAR UP THE CLUTTER



A cluttered workspace can reduce focus and increase stress levels. Encourage young people to keep their study area tidy and organised, with clearly arranged notes and materials. A calm, dedicated space can support concentration and create a more relaxed mindset. Adding colour, mind maps, or creative elements can also make revision feel less daunting and more manageable.

3 MASTER THE MATERIALS



Revision can feel particularly stressful if young people are unsure where to begin. Help them confirm key study topics and materials, ensuring they're using accurate and relevant resources. Reducing uncertainty can help them feel more in control of their learning. Reassure them that they don't need to know everything perfectly, as building their understanding over time is what matters most.

4 GET CREATIVE WITH NOTES



Writing out detailed notes, rather than relying only on bullet points, can strengthen their understanding and retention. Encourage young people to turn these notes into flashcards for regular review and repetition. Feeling familiar with their material can boost their confidence and reduce anxiety during exams. This approach can help them feel more prepared and less likely to panic under pressure.

5 USE VISUAL MEMORY AIDS



Visual resources can make learning more effective and reduce their frustration when information feels difficult to grasp. Encourage the use of diagrams, videos, sticky notes, and colour coding to reinforce key ideas. Creating simple mnemonics can also make information easier to remember. Using a variety of methods can help prevent mental fatigue and keep revision feeling fresh and manageable.

6 BUILD A TECH TOOLKIT



Technology can be a valuable supporting tool during exam preparation when used in a balanced way. Educational websites, revision platforms, and subject-specific videos can help explain complicated topics clearly, reducing the risk of confusion or stress. Encourage young people to use these tools to support – rather than overwhelm – their learning, and to take regular breaks from their screens to protect their wellbeing.

7 KEEP REVISION ENJOYABLE



Revision is often more effective when it feels engaging and varied. Encourage young people to incorporate humour, real-life examples, or creative approaches into their learning. Mixing study methods, including light physical activity such as short walks, can also improve their mood and focus. Enjoyable revision experiences can help reduce stress and make the process feel more positive and sustainable.

8 USE ACTIVE STUDY METHODS



Active revision techniques can help young people feel more confident and in control of their learning. Strategies such as spaced repetition and active recall, including self-testing or explaining concepts aloud, can highlight both their strengths and areas for improvement. This clarity can reduce last-minute panic and support a calmer, more prepared approach to exams.

9 USE AI THOUGHTFULLY



AI tools can support revision by making learning more personalised and manageable. Young people can use them to generate practice questions, summarise information, or break down topics into simpler steps. Used carefully, these tools can reduce overwhelm and save time. Remind young people to check AI information with trusted sources to ensure its accuracy and build confidence in their understanding.

10 PRACTISE WITH ONLINE TOOLS



Online revision platforms can help young people test their knowledge and track their progress. Many offer quizzes, flashcards, and practice papers aligned with exam boards. Encourage regular self-testing – including timed activities – to build up familiarity with exam conditions. Becoming more comfortable with the format of exams can reduce anxiety and help young people approach them with greater confidence.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of Social Enterprise UK's '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.



See full reference list on our website

@wake_up_weds

/www.thenationalcollege

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Summer Exams: Tuesday 5th May – Friday 8th May 2026

Link to exams letter with full exams schedule: [CLICK HERE](#)

SUMMER EXAMS 2025										GCSE	A-LEVEL	CLASH
WEEK-1	Morning Exam Session: 0900					Afternoon Exam Session: 1300					Year	No.
	Exam board	EXAM	Minutes	Year	No.	Exam board	EXAM	Minutes	Year	No.		
Monday 4th May												
		BANK HOLIDAY										
Tuesday 5th May	OCR	Art and Design: Fine Art	All day	13	5	OCR	Art and Design: Fine Art	All day	13	5		
	Edexcel	BTEC Tech Award Health & Social Care: Health and Wellbeing	120	11	62							
Wednesday 6th May	OCR	Art and Design: Fine Art	All day	13	5	OCR	Art and Design: Fine Art	All day	13	5		
Thursday 7th May	AQA	Psychology Paper 1	105	11	56							
	Edexcel	BTEC Tech Award Sport: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity	90	11	38							
Friday 8th May	Edexcel	BTEC L3 Sport and Exercise Science: Unit 13 - Nutrition for Sport and Exercise Performance	180	12&13	10							
WEEK-2	Morning Exam Session: 0900					Afternoon Exam Session: 1300					Year	No.
	Exam board	EXAM	Minutes	Year	No.	Exam board	EXAM	Minutes	Year	No.		
Monday 11th May	AQA	English Literature Paper 1	105	11	185	Edexcel	BTEC L3 National Health and Social Care: Unit 1 - Human Lifespan Development	90	12	5		
Tuesday 12th May	AQA	Geography Adv Paper 1 - Physical Geography	150	13	5	AQA	Combined Science: Biology Paper 1 - Foundation	75	11	126		
	Edexcel	BTEC L3 Sport and Exercise Science: Unit 2 - Functional Anatomy	90	12	3	AQA	Combined Science: Biology Paper 1 - Higher	75	11	59		
Wednesday 13th May	AQA	Geography Paper 1	90	11	67	OCR	Computer Science: Computer Systems	90	11	26		
	AQA	English Literature Adv Paper 1	180	13	11							
Thursday 14th May	Edexcel	Mathematics Paper 1 (Non-Calculator) - Foundation	90	11	139	WJEC	Criminology Theories Paper Based - Criminology Unit 2	90	12	6		
	Edexcel	Mathematics Paper 1 (Non-Calculator) - Higher	90	11	51	AQA	Psychology Paper 2	105	11	56		
Friday 15th May	Edexcel	History Paper 1 - Medicine in Britain	80	11	130							
	AQA	Psychology Adv Paper 1 - Introductory topics in Psychology	120	13	11							

MANAGING *Anxiety*



**An interactive family support workshop for
TGAk parents & carers from the Ethos Team**

WHAT WE WILL COVER:

- Understanding anxiety triggers
- Applying coping techniques for your children.
- Opportunity for discussion and sharing
- A chance to meet & hear from the school counsellor



Important note: The session will include content relating to suicide. We want you to be aware so you can take care of your own wellbeing when deciding to attend.

WHEN AND WHERE?



Wednesday the 20th of May



10:15 refreshments for a 10:30 start. Running till around 12



United Church, Cooks Lane,
B37 6NP

Click [here](#) to
join or scan the
QR code below...

