



St. Peter's Catholic Academy

April Newsletter



April Newsletter

Dear Parents and Carers,

Welcome to our April newsletter. As always, I am very proud of our children – their behaviour is excellent and they are working really hard this term. Across the school, pupils continue to work hard, show kindness, and support one another. It has been a joy to see their joy for learning and their positive attitudes each day.

As we begin this important month, we send our very best wishes to our Year 6 children as they prepare for their SATs. They have worked extremely hard all year, and we are so proud of the effort they continue to show. We encourage them to believe in themselves and to do their best. Good luck, Year 6 – we are all behind you.

The Easter season is a special time in our school and in our faith. It reminds us that Jesus is always with us, giving us hope, love, and strength, even at difficult times. As we come together in prayer and reflection, we remember that we are never alone.

Thank you to our families for your ongoing support. I wish everyone a happy, peaceful May, and I look forward to another positive month ahead.

God bless,

Mr. Hodgson

Principal

Prayer for the month of May

Heavenly Father, we thank You for the gift of a new month, a new beginning filled with grace and hope. As the Church honors Blessed Virgin Mary in a special way this May, draw our hearts closer to her Immaculate Heart. Teach us, like her, to say "yes" to Your will with trust and humility, even when the path is uncertain.
Amen.

Year 6 visit Middleport

Year 6 began the summer term with an exciting Forest School visit to Middleport, where they explored the local area and developed their understanding of both physical and human geographical features. The children observed the landscape closely, identifying key characteristics and discussing how the environment has been shaped over time.

They also reflected on the rich history of Stoke-on-Trent, considering how the area has evolved from its industrial roots to the present day. This hands-on experience supported their classroom learning and encouraged curiosity, teamwork and thoughtful discussion about how places change and why.



Thank you and goodbye Howard!

This month we say a heartfelt thank you and goodbye to Howard who has been supporting our school for over 16 years. Howard has delivered inspiring prayer services that have made a lasting impact and helped to shape the hearts and minds of many of our children.

We thank him for his contribution to the Catholic life of our school and wish him all the best in the future. Thank you Howard - the children and staff will really miss you!



Congratulations Mr. Sigley!

Congratulations to Mr Sigley who last month, along with 2 other members of staff from Region 1, ran the London Marathon for CAFOD. As a school both children and staff raised £369.

All the schools combined however, have helped to raise over £10,000 for CAFOD! What an amazing achievement! Thank you to everyone who donated.



(Key Dates)



Week beginning of 11th May	Year 6 SATS begin - GOOD LUCK YEAR 6!
Week beginning 18th May	'Walk to School Week'
Monday 18th, 1.30pm	Year 3 'Watch Me Learn' - P.E.
Tuesday 19th May, 1.30pm	Year 5 'Watch Me Learn' - P.E.
Friday 22nd May, 9.45	Year 6 'Watch Me Learn' - P.E.
Week beginning 1st June	Year 4 Multiplication Test - GOOD LUCK YEAR 4!
Week beginning 1st June	Year 6 <u>Bikeability</u>
Saturday 6th June	First Holy Communion, 10:00am

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

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Year	Principal's Award	Goldfinch Award	English Award	Maths Award
YN	Hashim Jaliel	Arsh Fatima		
YR	Manha Balal	Eliya Hussain	Haytham Balall	Dua Arslan
Y1	Jodelle Asubiojo	Luqman Ali	Tazwar Tamir	Ismail Adnaan
Y2	Saif Arslan	Amaan Kayani	Alizah-Noor Islam	A**** K****
Y3	Navroop Kang	Khadija Khaliq	Ammara Uddin	Tamjid Leeton
Y4	Daniel Mustafa	Jannah Hussain	Rumaisa Khaliq	Anayah Irfan
Y5	Maheen Tariq	Wafaa Fayyaz	Ibrahim Uddin	Milan Kadir
Y6	Kanya Noori	Hazik Sajid	Saif Aqeeb	Abubakr Imran