



Weekly Information

Friday, 10th May 2024

Week 30

Encouragement of the Week provided by our School Chaplain

1 Samuel 7:10-12

While Samuel was sacrificing the burnt offering, the Philistines drew near to engage Israel in battle. But that day the LORD thundered with loud thunder against the Philistines and threw them into such a panic that they were routed before the Israelites. The men of Israel rushed out of Mizpah and pursued the Philistines, slaughtering them along the way to a point below Beth Kar.

Then Samuel took a stone and set it up between Mizpah and Shen. He named it Ebenezer, saying, "Thus far the LORD has helped us."

Supporting young people with exam stress

We are aware that exams have the potential to exacerbate feelings of anxiety and stress amongst young people. That is why it's important that whilst pupils should be encouraged to work hard, this should not be at the expense of their wellbeing.

There is a range of advice and guidance for pupils and parents to help alleviate or lessen the anxiety they have about sitting exams, including:

- NHS Help your child beat exam stress
- Anna Freud: How to identify the signs of academic stress, and ways to help
- Student Minds – resources, tips and blogs about exam stress
- Ofqual: Coping with exam pressure – a guide for students

Young Minds also have a series of support pages aimed to help young people with exam stress and anxiety. Follow this link for information on how you can support your child: [Exam Time & Exam Stress | Parents Guide To Support | YoungMinds](#)

Second Hand Uniform Donations

We are in need of good quality second hand uniform that can be donated to school, especially grey school trousers, blazers and skirts.

Please send donations via school reception, washed and in a bag labelled 'second hand uniform'.

Key Information for the week ahead

Whole School

Year 7 – Start time 8.45am
Except Wednesday - Church 8.40am

Year 8 – Start time 8.45am
Except Monday – Church 8.40am

Year 9 – Start time 8.45am
Except Friday – Church 8.40am

Year 10 - Start time 8.45am
Except Thursday – Church 8.40am

Year 11
In for exams and revision sessions only

Year 12 - Start time 8.45am

Year 13
In for exams and revision sessions only



Archbishop Tenison's
CHURCH OF ENGLAND HIGH SCHOOL

CELEBRATING 310
YEARS

TENISON'S THROUGH TIME

1714 - 2024

An exhibition celebrating
the 310 year history
of Archbishop Tenison's
School, Croydon

Saturday 4 May - Friday 14 June 2024

Croydon Clocktower
Katharine Street
Croydon
CR9 1ET

Open Monday to Friday, 9am - 7pm
Saturday, 9am - 5pm
Closed Sundays and Bank Holidays
FREE ENTRY



Find out more on our website
www.archten.croydon.sch.uk

