



# NIA6

# NEWS

- ★ HSC Exam Resit: 12/05/25
- ★ BTEC Sports Exam: 14/05/25
- ★ AP Science Biology Exam: 20/05/25
- ★ AP Science Chemistry: 20/05/25
- ★ AP Science Physics: 21/05/25
- ★ HSC Assignment: 23/05/25
- ★ GCSE Maths: 15/05/25
- ★ A-Level Maths: 23/06/25
- ★ AP Science Unit 2: ASAP!!!
- ★ GCSE English: 23/05/25
- ★ GCSE Science: 13/05/25
- ★ GCSE History: 16/05/25

## Exam Season is Here – Tips for Staying on Track

Exam season is upon us, and it's time to make those study sessions count! Here are some top tips to keep you focused and prepared:

1. **Create a Study Plan:** Break down your subjects and allocate time for each, making sure to include regular breaks.
2. **Use Exam Apps**
3. **Stay Active:** Physical activity boosts brain function, so take short walks or do light exercises between study sessions.
4. **Get Enough Sleep:** Sleep is essential for memory consolidation – aim for at least 7-8 hours a night.
5. **Stay Hydrated and Eat Well:** Fuel your body with nutritious foods and plenty of water to keep your mind sharp.



## Year 12 Community Trip – McCarthy Dixon Foundation

On 22nd May at 9:45 am, Year 12 students will be visiting the McCarthy Dixon Foundation to support their vital work in the local community. The foundation provides essential services, including food support, wellbeing initiatives, and outreach programs, making this a valuable opportunity for students to contribute and gain meaningful experience.

## Student Spotlight

Yaseen is currently studying Applied Science and BTEC Sport. What he enjoys most about NIA6 is the access to resources such as laptops, allowing him to study independently. His future plans include either going to university or securing an apprenticeship.

Maryam is studying Applied Science and Health & Social Care. She values the close community at NIA6, where a collaborative environment and strong bonds help to foster academic growth. Maryam is aiming for a career in medicine, specifically as a paediatrician.

## EMAT Celebration Award – Last Call!

Today is the final deadline to submit your applications for the EMAT Celebration Award! This is a fantastic opportunity to be recognised for your achievements and dedication. Don't miss out – get those applications in!

**VOTE NOW**



**Find out more about NIA6 on our website**

## **Mental Health Matters @NIA**

Every Week is Mental Health Awareness Week at NIA.

12th - 18th May the Mental Health Foundation is promoting positive mental health and talking about the importance of community.

NIA works closely with many mental health services in our local community.



The NHS MHST (Mental Health Support Team) offers 1:1 interventions for issues like anxiety and low mood, plus workshops on exam stress, sleep, and body image.

We can also refer you to The Lowdown, which provides counselling sessions in person or over the phone, along with drop-in crisis cafés, LGBTQ+ groups, and more.

[The Lowdown | Free and confidential support for 11-25 year olds](#)

For eating disorders, we can refer you to The Brambles, the local NHS service for assessment and treatment. For more complex mental health needs, CAMHS provides counselling and psychiatric support, and parents can refer directly or through school or their GP.

We also work with MIND Northampton and regularly signpost families to their services.

We're always building connections with local mental health services to offer more support for our students. Our Mental Health Hub provides a confidential space for counselling and interventions, and our full-time school counsellor and Mental Health Lead are available for 1:1 sessions from primary through to sixth form.

[Northamptonshire Mind | Mental Health Support](#)

If you have any concerns about your child's mental health or would like signposting for support yourself then please contact the mental health team at school, contact the agency directly or go through your GP.

**We are here to support.**

**Amanda Carroll**

**Mental Health Lead and Hub Manager.**

**For Adults:**


The free Mental Health Number is available 24 hours a day, 365 days a year.

**Call 0800 448 0828**

**For Young People:**

**NEED HELP?**

Look after your mental health

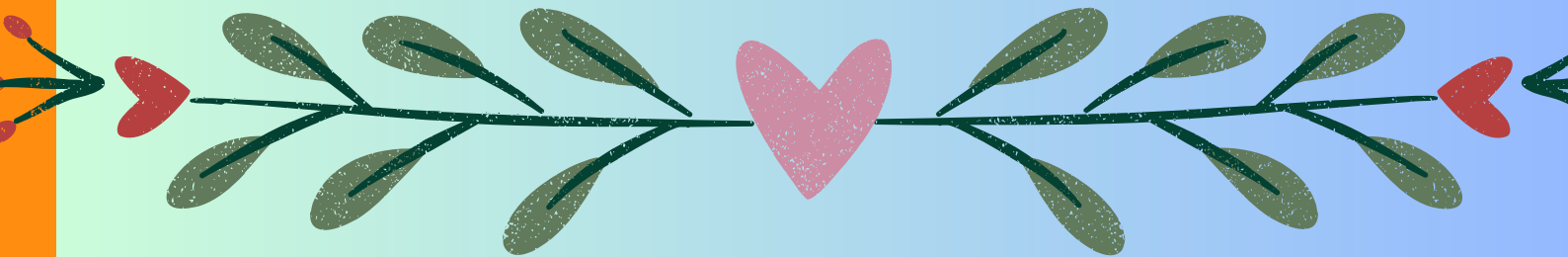
TALK OUT LOUD

QR code

Feeling like you can't cope and you are in crisis? If you need to speak to somebody.

Useful numbers free to contact:

<b>SHOUT</b> 24/7 Text SHOUT to 85258	<b>SCHOOL NURSE</b> Mon-Fri Text: 07507 329 600
<b>CHILDLINE</b> 24/7 Call: 0800 1111	<b>SAMARITANS</b> 24/7 Call: 116 123 Email: <a href="mailto:jo@samantans.org">jo@samantans.org</a>
<b>CAMS CONNECT</b> 24/7 Call: 0300 1111 022	

**Hidden Gem: Gizmo**

If you haven't explored it yet, Gizmo is a powerful learning tool designed to make revision interactive and engaging. It offers a variety of simulations and quizzes that can help you grasp difficult concepts more effectively. Whether you're prepping for science, maths, or any other subject, Gizmo provides visual and practical resources to enhance your understanding.

Gizmo is a fantastic app for interactive learning and revision. It offers a range of interactive tools and quizzes that can help you solidify key concepts in various subjects. Ideal for visual and practical learners, it's a great way to test your knowledge and track your progress during exam season.





## #EMATters Celebration Awards



Do you know someone  
at school who  
deserves recognition?

Nominate now!  
[emat.uk/awards2025](https://emat.uk/awards2025)



Know someone who deserves recognition? Nominations are now open for the #EMATters Celebration Awards 2025! These awards celebrate the dedication, achievements, and contributions of pupils, staff, and volunteers across our EMAT community.

### Award Categories:

🏆 **Inspirational Pupil** – Academic success, extracurricular achievements, or overcoming adversity.

🏆 **Teacher of the Year** – Honouring a teacher who goes above and beyond.

🏆 **Beyond the Classroom Award** – Recognising outstanding support staff, from teaching assistants to site teams.

🏆 **SEND Star of the Year** – Celebrating the excellence and resilience of a student with special educational needs.


🏆 **Inclusion Award** – For those championing diversity and inclusion in school life.

🏆 **Eco Award** – For students/staff who have made their school more environmentally friendly.

🏆 **Volunteer of the Year** – Recognising dedicated individuals who give their time to school life.

🏆 **Achievement Award** – For students who consistently go the extra mile, selected by the Pupil Parliament.

✍️ **Nominate now:** [www.emat.uk/awards2025](https://www.emat.uk/awards2025)

 **Deadline: 9th May 2025!**

🏆 **Winners announced in July at a special awards ceremony!**

Let's celebrate the fantastic contributions of our NIA6 community – get nominating! 🎉