

★ Principles and Applications of Science - Chemistry: 20/05/25 \* Principles and Applications of Science - Biology: 20/05/25 \* Principles and Applications of Science - Physics: 21/05/25 ★ History GCSE Early Elizabethan: 05/06/25 ★ History GCSE Superpower Relations: 05/06/25 ★ English Language Paper 2: 06/06/25 ★ Combined Sci Trilogy Biology P2F: 09/06/25 ★ History GCSE Weimar & Nazi Germany: 10/06/25 maths GCSE Calculator (2F): 11/06/25 Hospitality & Catering Unit 1: 12/06/25 ★ Combined Sci Trilogy Chemistry P2F: 13/06/25 ★ Combined Sci Trilogy Physics P2F:16/06/25

# 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.



### **Mental Health Awareness Week: Look After You**

With exams in full swing, it's easy to feel the pressure, but Mental Health Awareness Week is a perfect moment to pause and put you first.

Your grades matter, but so do you. Stress is normal, but it doesn't have to take over. Try to find balance: short walks, deep breaths, quick chats with friends, or even just stepping away from your desk for a few minutes can help. Need to talk? We're here. Don't hesitate to reach out to your tutors, the sixth form team, or someone you trust. This week, and every week, your mental health matters.

## Work Experience Reminder - 7th to 11th Julv

A reminder that Work Experience Week runs from Monday 7th July to Friday 11th July.

If you haven't arranged your placement yet, please make it a priority, many employers need time to confirm details and complete any paperwork.

If you're unsure where to start or need support, don't hesitate to reach out to your tutor or the sixth form team. We're here to help make sure everyone gets the most out of the week.

## Year 12 Community Trip Reminder

Next week, 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.

### **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:

## For Young People:

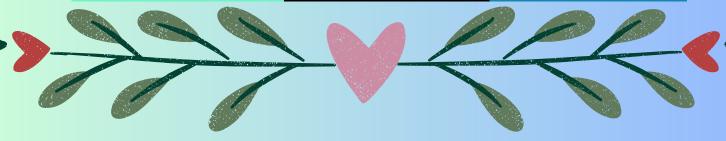


The free Mental Health Number is available 24 hours a day, 365 days a year.

Call 0800 448 0828







### Hidden Gem: Flora

Need help staying focused while revising? Flora is an app that helps you stay off your phone and build positive habits, one tree at a time. When you focus on a task, a virtual tree grows—if you get distracted, the tree dies! It's a fun way to keep yourself motivated and on track.

Flora turns productivity into a rewarding challenge, and you can even help plant real trees through the app as you focus. Perfect for turning study time into productive, distraction-free sessions, Flora helps you build good habits and stay organised.

