

November 4, 2022

### Secondary update

Dear Parents,

This week our students in Years 10 & 11 have had their first exams for the assessment week and we will have our KS3 students starting from Monday morning. If you are yet to see the schedule, then please find them at the end of this update. This past week, we also invited parents to meet with our school counsellor Sarah Benaud, who shared some top tips for dealing with exam stress. A few tips and hints have been shared towards the end of the update which you may wish to discuss with your sons and daughters over the weekend.



Thank you to all Year 9 parents who attended our Options evening this past Tuesday. Please find the presentation of the evening through this link [Year 9 Options evening 1st Nov 2022.pptx](#).

This coming week, the parents coffee morning will provide a chance to meet the Head of Expressive Arts, Mrs Rock, who is looking forward to introducing her team and what the subjects in that faculty offer our students. If you would like to attend the coffee morning then please can you fill in the form through the following link <https://forms.office.com/r/KdphCRQhZm>. Usual day and time – Thursday from 8.15am.

Please see the notes below regarding our community fridge initiative and the Winter Fayre and we would really appreciate any support that you can provide. We also have a match report from the U14 boys football team, updates from the Expressive Arts team, including an opportunity to enter an ICT competition and finally our ongoing requests for resources from the sustainability club.

I hope you enjoy a restful weekend.

Kind regards



Jon Pennock

### **Community fridge**

The SVS Community Workers' Fridge and Water Cooler has been provided to support those in our community who work hard outdoors, especially in the hot weather in support of our community and our school. Gardeners, rubbish collection, landscaping, maintenance, security, and construction workers are often unsung heroes in our community despite providing essential services. Their work allows us to enjoy a clean, pleasant, and safe environment and, as part of the SVS and Remraam communities we would like to offer support and show our appreciation of their work by providing food, drinks, and water free of charge. The school has provided a week of free food and will work on rotation with different year groups in filling the fridges for this important initiative. We will be running this as part of our #svscares initiative which will run for the entire academic year from now on. Thank you all for supporting us in delivering this.

### **Winter Fayre**

Our winter fayre is fast approaching and will be taking place on Tuesday 29<sup>th</sup> November. We will be looking for volunteers to help man the stalls and games and would welcome any parent volunteers to help. Also, if we have any parents who can do Henna on the day then that would be great and any parents who run small craft businesses who would like to rent a table for the event then please get in touch. We are also keen to receive any donations for our tombola.

If you are able to offer any of the support detailed above then please can you drop an email to [stuart.macpherson@southview.ae](mailto:stuart.macpherson@southview.ae) and I will pass the information on to the organizing committee.

### **U14 Boys Football match report – By Omar Rayyan**

Report on our match on Thursday the 27th of Oct 2022. The game was fantastic and proved how strong and committed our team is. Regent wasn't the best team we played against but they were good enough to maintain our strength and training. We didn't really have a tough match but hopefully we have tougher and more challenging matches against the other schools. We played really good from the defence all the way up to the mid and attack feilds. We started off good In the frist quarter and continued playing good throughout the match. The team was focused and had there mindset on the game with great team understanding and chemistry. I also give huge credits to our great captain Toby Hanafin he helped us all win the game. The game ended 10-0 I think that's a really good start for us this season and hopefully we continue playing like this for the rest of our matchs this season. And thank you to our Coach Mr Bladen for picking just an amazing team.



### **Message from the Sustainability Club**

Please see the below list of items we would like your help with if possible for our sustainability garden in the Secondary school.

- Soil
- Gardening tools
- Plastic Bottles/milk bottle
- Plastic Containers
- Old cooking Pots and Pans
- Old coffee pots
- Crates
- Cans
- Large Pots
- Watering Cans
- Plants/seeds

Thank you for your continued help and support.

### **Message from the Expressive Arts team**

Extra-curricular clubs and rehearsals- Week beginning 7th of November, 2022

There will be no rehearsals, choir or band practice next week due to assessment week. Practice and rehearsals will resume as normal the following week.

Young Talent Music Competition

Best of luck to Maya 7D, Kai 8A, Liran 8B and Albert 9B who will represent South View in the Young Musician Talent Competition on Sunday accompanied by Ms McMahon. These musicians have been practicing really hard and we wish them all the best in progressing to the next round.



SOUTH VIEW SCHOOL

## **Opportunity from ICT**

*We would like to invite any students that is 13 years and older to the iOS Design Challenge. It is an initiative created by Sandooq Al Watan in partnership with Apple distinguished Educators to help you become the next generation of coders. Over the course of this challenge you will:*

- *Understand the meaning of tolerance and coexistence*
- *Research and explore a specific Key of Tolerance*
- *Develop an iOS app prototype*
- *Test your iOS app prototype*
- *Pitch your idea to experts*

*This will run as an ECA with your teacher and Apple experts, you will use online tools to create an app prototype that responds to a tolerance challenge that you will select. Your workbook will guide you through each step of the process, from initial research to final pitching.*

### ***Do you need an iOS device?***

*You do not need an Apple device to take part in this challenge. However, it is important to remember that you will be designing an iOS app. This means that you will need to be aware of the unique features, capabilities and possibilities of iOS apps - but don't worry, we will guide you all the way through the design process.*

### ***Do I need coding skills?***

*We have designed this competition for everybody! This means that at this stage, you do not need any coding Skills. You will learn about coding principles throughout this course. In this challenge, we will be focusing on User Experience (UX) and User Interface (UI).*

*To enter this exciting challenge you need to register with **Mr. Izak before the 6<sup>th</sup> of November** as entries **closes on 7 November**. You must be **13 years of age or older** to be able to enter this challenge. You also have the option to do this in groups of 2 - 4 or if you choose you can enter as an individual.*

*The top 200 students at the end of the challenge across the UAE will win an entry into Swift Accelerator design program. This is a professional certificate that has 180 hours of coding training.*

*I hope that we can have as many students participating in this challenge as possible.*

*Mr. Izak Marais*

# 7 TIPS FOR MANAGING EXAM STRESS

REACH  
OUT.COM

## FOR YOUNG PEOPLE

## FOR PARENTS/CARERS

Stay organised with to-do lists and study timetables



Give them time off chores and non-urgent family stuff

Take regular study breaks



Encourage them to keep doing the activities they did before exams

Have a dedicated study space



Help them set up a study space and make sure the rest of the family understands

Have a long term goal



Chat with them about what they want to do after exams

Get as much sleep as possible



Remind them to go to bed at a regular time each night

Remember your health: eat well and stay active



Go on study break walks with them and try to cook wholesome meals

Talk to the people around you



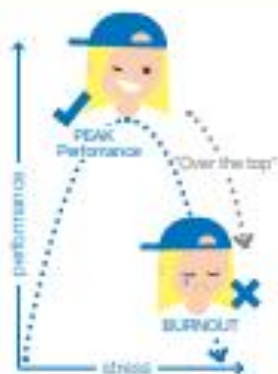
Make a time to chat to them and let them vent

# 5 STEPS TO STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

## 1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



## 2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



## 3 SAY IT OUT LOUD

The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.

## 4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.



**REACH OUT.COM** /EXAMS

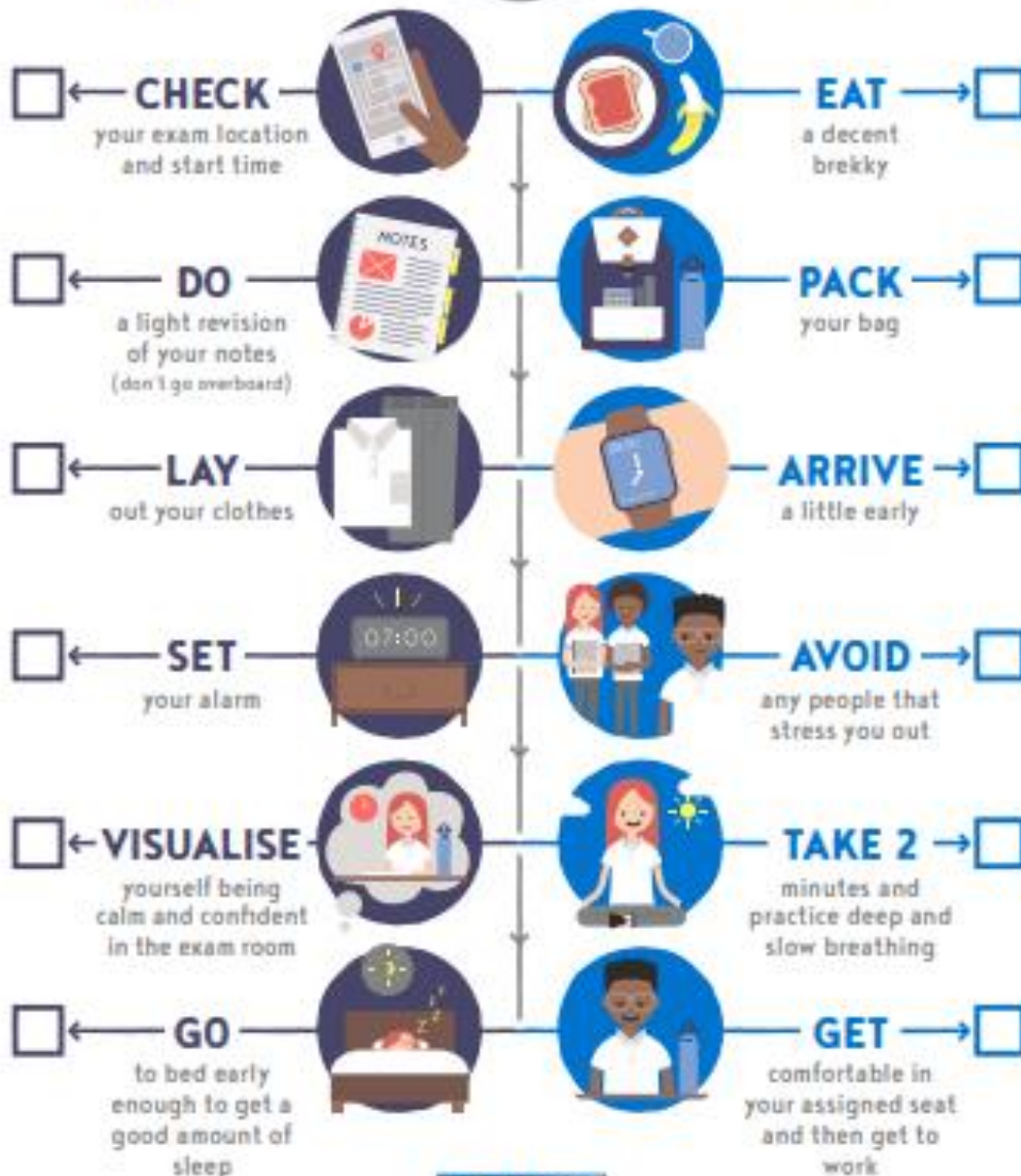
## 5 SLEEP IS YOUR FRIEND

If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.





NIGHT BEFORE
EXAM SLAYING CHECKLIST
On THE DAY





### Assessment Week Timetables

Year 7		Week beginning 7th November (Week 2)				
		Monday	Tuesday	Wednesday	Thursday	Friday
Reg	07:50 - 08:10 (07:50 - 08:20)					
P1	08:10 - 09:05 (08:20 - 09:00)					
P2	09:05 - 10:00 (09:00 - 09:40)	PE	Maths	English	Islamic	Science
P3	10:00 - 10:55 (09:40 - 10:20)					
Break	10:55 - 11:15 (10:20 - 10:40)					
P4	11:15 - 12:10 (10:40 - 11:20)					
P5	12:10 - 13:05 (11:20 - 12:00)	MFL	Revision	Arabic	Geography	House Event
Lunch	13:05 - 13:45					
P6	13:45 - 14:40					
P7	14:40 - 15:35	History	MSC	Revision	Revision	

DT lessons will take place as normal

<b>Year 8</b>		Week beginning 7th November (Week 2)				
		Monday	Tuesday	Wednesday	Thursday	Friday
Reg	07:50 - 08:10 (07:50 - 08:20)					
P1	08:10 - 09:05 (08:20 - 09:00)	Maths	PE	Geography	History	English
P2	09:05 - 10:00 (09:00 - 09:40)					
P3	10:00 - 10:55 (09:40 - 10:20)					
Break	10:55 - 11:15 (10:20 - 10:40)					
P4	11:15 - 12:10 (10:40 - 11:20)	MSC	Science	Revision	Revision	House Event
P5	12:10 - 13:05 (11:20 - 12:00)					
Lunch	13:05 - 13:45					
P6	13:45 - 14:40	MFL	Arabic	Islamic	Arabic	
P7	14:40 - 15:35					

DT lessons will take place as normal

<b>Year 9</b>		Week beginning 7th November (Week 2)				
		Monday	Tuesday	Wednesday	Thursday	Friday
Reg	07:50 - 08:10 (07:50 - 08:20)					
P1	08:10 - 09:05 (08:20 - 09:00)	English	Science Chemistry	PE	Geography	MFL
P2	09:05 - 10:00 (09:00 - 09:40)					
P3	10:00 - 10:55 (09:40 - 10:20)					
Break	10:55 - 11:15 (10:20 - 10:40)					
P4	11:15 - 12:10 (10:40 - 11:20)	History	Arabic	Science Biology	MSC	House Event
P5	12:10 - 13:05 (11:20 - 12:00)					
Lunch	13:05 - 13:45					
P6	13:45 - 14:40	Science Physics	Islamic	Revision	Maths	
P7	14:40 - 15:35					

DT lessons will take place as normal

Year 10		Week beginning 1st Nov (Week 1)		Week beginning 7th November (Week 2)				
		Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Reg	07:50 - 08:10 (07:50 - 08:20)							
P1	08:10 - 09:05 (08:20 - 09:00)	English	Islamic	ICT practical	MFL Reading and Writing	MFL Speaking and Listening	MSC	Business
P2	09:05 - 10:00 (09:00 - 09:40)						Maths	
P3	10:00 - 10:55 (09:40 - 10:20)	Revision			Arabic 2			
Break	10:55 - 11:15 (10:20 - 10:40)							
P4	11:15 - 12:10 (10:40 - 11:20)	Revision	ICT theory	Arabic 1	Revision	Science Physics	PE	Maths
P5	12:10 - 13:05 (11:20 - 12:00)	MSC						
Lunch	13:05 - 13:45							
P6	13:45 - 14:40	Revision		Science Chemistry	Science Biology	History	Geography	
P7	14:40 - 15:35	Drama						

Year 11		Week beginning 1st November (Week 1)			Week beginning 7th November (Week 2)				
		Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday
Reg	07:50 - 08:10 (07:50 - 08:20)								
P1	08:10 - 09:05 (08:20 - 09:00)	Science Biology	Islamic	English	French/ Spanish	Science	ICT theory	Business 2	Maths 2
P2	09:05 - 10:00 (09:00 - 09:40)	Revision	Revision		Revision	Maths 1	Revision/ Art		
P3	10:00 - 10:55 (09:40 - 10:20)	MSC			Science Chemistry		Revision	Revision	
Break	10:55 - 11:15 (10:20 - 10:40)								
P4	11:15 - 12:10 (10:40 - 11:20)	Revision/ Art	French/ Spanish	Revision/ Art	Revision/ Art	History 2	Business 1	Geography 2	Arabic 2/ Supporting House Event
P5	12:10 - 13:05 (11:20 - 12:00)		Revision						
Lunch	13:05 - 13:45								
P6	13:45 - 14:40	PE	Revision		Revision/ Art	French/ Spanish	Geography 1	Arabic 1	
P7	14:40 - 15:35	History 1	Science Physics		ICT practical				