Issue 10: Term 2
Herald for Weeks 4—5

Try not to become a man of success but a man of value.
Albert Einstein

Week 5;
Getting Ready
for Exams

As exams approach all of Year 7 will start to receive information from their teachers about how to study for and prepare for their first exams. Mr Choi spoke at our recent assembly about Study Skills and in Tutor the Year 7s have gone through a range of exercises aimed at helping them to study effectively. I wish them all well in the coming week and know that the Teachers and Tutors of Year 7 will help them make the most of their first exams.

Ten Tips - Studying

1. **Establish a routine** Set aside a particular time each day for study and revision and stick to it.
2. **Create a study environment** This should be away from interruptions and household noise, such as the television. Ensure there is adequate lighting and ventilation, a comfortable chair and appropriate desk.
3. **Set a timetable** With a timetable you can plan to cover all your subjects in an organised way, allotting the appropriate time for each without becoming overwhelmed.
4. **Look after yourself** Drink plenty of fluids, especially water, and eat healthy foods. Keep sugary foods to a minimum. Make sure you get enough sleep each night. Regular physical exercise makes you feel great, boosts your energy and helps you relax.
5. **Reward yourself for studying** Watch your favourite television program, spend time with your friends, walk to the park and play sport throughout the week.
6. **Have variety in your study program** Study different subjects each day and do different types of work and revision in each study session.
7. **Avoid interrupting your concentration** Have all the appropriate materials with you before you start a session of study to minimise distractions.
8. **Test yourself on what you have studied** Ask your parents or family members to quiz you on what you have learnt, use draft questions from books, past assessments or major exam papers.
9. **Don't panic at exam time** If you have followed a study routine and have been revising your class work, there should be no need to worry. Try to keep yourself calm, positive and confident.
10. **Ask your teachers for guidance** Especially if you’re having trouble - whether it's grasping a new concept or understanding something you learnt earlier in the year. They will be happy to help.

**Birthdays Week 4 and 5**, Ben Uttley, Myra Lim-Hurt, Sarah Smith
50 BOOKS EVERY CHILD SHOULD READ

The UK Education Secretary says that children aged 11 and older should be reading 50 books a year to improve literacy standards.

Three of Britain's leading children's authors and two book experts were asked to each pick 10 books, suitable for Year 7 students. These are a good starting point for all of us to add our favourites, especially the much-loved books written by our own children's authors.

Here are the first 20—I hope all Year 7 students will take time during the busy term to read a book and experience the pleasure that reading can bring.

Katy Guest, literary editor for The Independent on Sunday
Refugee Boy by Benjamin Zephaniah. A young Ethiopian boy, whose parents abandon him in London to save his life.
Diary of a Wimpy Kid by Jeff Kinney. It’s funny and will chime with every 11-year-old who’s ever started a new school.
I Capture the Castle by Dodie Smith. Fun at any age.
The Hobbit and The Lord of the Rings by JRR Tolkein. These tales of hobbits and Middle Earth are dangerously addictive.
The Tygrine Cat (and The Tygrine Cat on the Run) by Inbali Iserles. A cat seeking his destiny.
When Hitler Stole Pink Rabbit by Judith Kerr. A family fleeing the Nazis.
Moving Pictures by Terry Pratchett. Mythological imagery and a background based in real science.
The Story of Tracy Beaker by Jacqueline Wilson. The great writer for children.

John Walsh, author and Independent columnist
The Adventures of Sherlock Holmes by Sir Arthur Conan Doyle. Irresistible puzzle-solving tales of the chilly Victorian master-sleuth and his dim medical sidekick.
The Curious Incident of the Dog in the Night-Time by Mark Haddon. Both funny and sad.
Mistress Masham's Repose by T H White. Magical story of 10-year-old Maria, living in a derelict stately home.
Little Women by Louisa May Alcott. Evergreen1868 classic.
How to be Topp by Geoffrey Williams and Ronald Searle. Side-splitting satire.
Stormbreaker by Anthony Horowitz. Action-packed adventures with Alex Rider.
Artemis Fowl by Eoin Colfer. Lively tale about the money-grabbing master-criminal Artemis, 12.
The Silver Sword by Ian Serraillier. Inspiring wartime story of the Balicki family in Warsaw.
Animal Farm by George Orwell. A brilliantly-told fable.