



Scholars' News

Winter 2020 Newsletter

Liverpool's Fantastic Cultural Heritage

How fortunate we are to hail from a city with such a rich and diverse cultural heritage. Year 9 scholars learnt more of their city's history and world heritage at both the Museum of Liverpool Life and the Maritime Museum. Liverpool is a destination to visitors across the world. Fortunately for us, it is on our doorstep.



Partners & Associates

Thank you to the following organisations who contribute their expertise, time and learning environments to our Scholars' Programme:

- Hope University
- Edge Hill University
- Winstanley College
- Merseyside Young Medics programme
- Merseyside Young Lawyers programme
- Speakers4Schools
- Lancaster University
- University of Chester
- University of Liverpool
- Oxford University
- Shaping Futures





Edge Hill University

Parents and Year 7 scholars enjoyed their Saturday at Edge Hill University. Visits such as these familiarise even the youngest students with future opportunities and the careers open to them. Photographs suggest that we have some medical practitioners in the making.



Author Alan Gibbons Inspires

Year 8 scholars enjoyed masterclasses in creative writing given by children's author Alan Gibbons. A former teacher and now highly successful writer, Alan was keen to encourage our students to discover their talent and to hone their technique. Everyone has a story to tell!



Mr. Dearing Reflects

Five years ago our Scholars' Programme was initiated by our then new headteacher, Tony McGuinness. Ambitious in its aim to expose our young people to educational experiences, broad in scope and in a wide variety of environments, it has been hugely successful. Students, and very importantly their parents, have played a crucial role in the development of the Programme, which is now established and embedded at All Saints. As Head of the Scholars' Programme I consider myself very

privileged to lead such innovation. We are now approached by other schools for advice on establishing similar programmes in their own schools. Whilst this is pleasing in itself, it reflects the rapid progress All Saints has made in the last five years and the recognition of this in the wider school community. Thank you once again, scholars and parents past and present. I am looking forward to meeting Year 7 parents at the 2020 Scholars' Launch meeting to be held on the 29th January.



Business Entrepreneurs

Year 10 students were given the 'inside track' from Tom Chalmers. Tom has his own publishing company so his advice on the skills needed to run a business was invaluable. Direct contact with successful practitioners builds students' knowledge, confidence and aspiration.

Winstanley Kirkby Associate Student Programme

winstanley.college



Our partnership with Winstanley College provides our students with a clear pathway for further study beyond Year 11. Some students will study in our Sixth Form, which offers a range of very successful A Level and BTEC courses. For others seeking alternative subjects, Winstanley is an excellent choice.

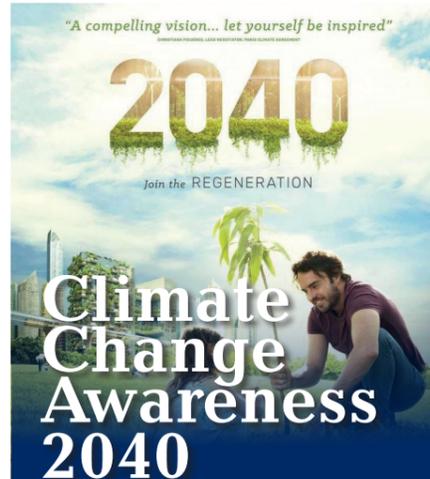
Visits to the college during Years 9 and 10 give students insight into higher education and a clear focus for aspiration and high achievement at GCSE. Debating, research skills and the study of politics and philosophy are all part of the Associate Programme. Thank you once again, Winstanley.



Scholarship Winner! Amelia Gannon

At the moment I am studying A-Levels in Maths, Biology and Chemistry at Merchant Taylors', which I attend on an academic scholarship. I have also recently applied to university to study biotechnology.

During my time at All Saints, the Scholars Programme provided me with many unique opportunities, which have given me valuable skills that have benefited me in the next stage of my school life. These include debate workshops that developed my confidence and critical thinking skills, as well as showing me the importance of team work. I was also fortunate enough to be invited on trips, such as university visits, which helped to confirm that university was definitely an option I wanted to explore. Additionally, I was able to visit the Houses of Parliament and attend workshops on the inner workings of our government. The Programme helped us to network via the mentors programme. We were each given a mentor who was outstanding in their field, and was able to give us guidance. As well as this, I attended talks from many interesting and inspiring people. In the future, I hope to pursue a career in scientific research.



The Everyman Theatre was the venue for the documentary screening of 2040. The underlying message was optimistic, emphasising the power we have to shape our environment and lives if we take action now. Its aim was to convince people that they really can make a difference. The film was followed by a question and answer session with the director, Damon Gameau. Year 9 certainly came away inspired.



Celebrating Scholars



Many thanks to over 100 parents, plus sons and daughters, who attended this event. There was lots of advice on motivation, memory and examination success from Andy Griffith. Mr. Dearing also unveiled his action packed programme for this academic year.



Hope University Campus Tour

An integral part of the Scholars' Programme are visits to universities and colleges. Oxford, Liverpool, John Moores, Hope and Edge Hill are some of those visited in the last academic year. The list is increasing annually. These parents and Year 9 scholars braved a wet and windy day at Hope.



Memory Matters - Andy Griffith

A very interactive session on memory techniques to raise those exam results took place with parents and pupils in Years 8, 9 and 10. This was a follow-up to an in-depth session that took place with students the previous week. Parent feedback was very positive...

'A very informative and interesting evening once again. I took away some really helpful pointers from this session.' L. Phillips.

Read more from Andy later in this newsletter.



Budding Conservationists, Zoologists and Vets



Scholars from Year 7 attended workshops at Knowsley Safari Park. On the agenda were conservation, endangered species, protection of habitats and the impact of global warming on the animal kingdom. The Safari Park is a member of a global research network and these sessions were an ideal introduction to the career opportunities in the zoological sector.



Mary Shelley's Frankenstein Liverpool Playhouse

Professional performances in Dance, Drama and Music expose our students to very high standards. This experience cannot be underestimated. If they see excellence, they will aspire to it. This production of Mary Shelley's Frankenstein raised nervous tensions throughout!



Andy's Advice



We are very fortunate to have educational consultant and author, Andy Griffith, working closely with us.

How to Help Your Child Deal with Exam Anxiety

Exams and tests are a fact of school life. As they approach, some students can get overly anxious. Here, I'll suggest some ways that parents and carers can help students to deal with this pressure in the right way.



1. Let them know that anxiety affects everyone and it's impossible to live without anxiety. However, some things we do can make it worse and of course, some things that we do can make it better. There's an equation that I teach the Scholars. $E + R = O$. It stands for Event + Response = Outcome. We have no control of events. We do, however, have control over how we respond to them. For example, Event – an exam is approaching. If students Respond to it in the right way, the Outcome will be less stressful. So what would be a good response be to an upcoming exam? First, prepare for it. When a student revises they are more likely to do well. So, ask your son or daughter when they have tests or exams and remind them to make time for revision. Writing dates on a calendar or setting a reminder on your phone will help them enormously. Of course, doing revision is no guarantee of success but I've found that when you've prepared for something in life then things such as exams become less stressful.

2. Another good strategy to reduce anxiety is visualisation. This is when you use your imagination to see yourself overcoming a challenge. Positive visualisation is a technique used by people in the worlds of sport, the arts and business. It helps them to be more prepared and less stressed. Ask your children to imagine themselves in the exam room answering all of the questions with confidence and overcoming any difficulties.

3. Praying can also help to reduce anxiety, as can using the right breathing techniques and even using lucky charms. Find whatever works for you. Perhaps the best thing you can do for someone who is anxious, is talk to them. Remember, anxiety is all about expectation. They might expect the test to be too hard or that they will fail. Here are some things you might say, "As long as you do your best that's all you can do." Or, "the test might not be as bad as you think." Keep conversations short but assure them that the exam is nothing to be feared.

We are preparing the Scholars to go to University and come out with a good degree. This means that they will need to sit many exams along the journey. The students who cope with this best are those who develop the right habits when preparing for exams, stay optimistic and put things in perspective.

The next evening session with Andy Griffith will be on Tuesday 28 January from 6pm to 7pm. The title of the session is: 'How to best help your child to prepare for their exams.'