



THE BUCKINGHAM SCHOOL

A SPECIALIST SPORTS COLLEGE

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27 March 2018

Dear Parents/Carers,

Thank you for your support to your child and to the school in attending parents' evening last Thursday. It was pleasing to see a higher than normal turnout for Year 11 parents. Likewise, your positive feedback about my colleagues was very welcome.

I appreciate that a 'Headteacher's Talk' is not something that parents at this school are used to expecting at parent meetings, and many families missed the presentation by Mr Roberts and myself. We have received positive feedback from many of the parents who were able to join the presentation in the Jubilee Hall.

Both the Powerpoint presentation that Mr Roberts and I used, as well as the booklet 'Pixl Prepare to Perform' are now available on the school website, under the main navigation 'School Life' and click on Exams and Study Information web-page.

This time last week, I led an assembly for Year 11. The message was around being purely positive now. There's no point worrying about target grades at this late stage (you will no doubt have noticed that we removed them from the printed reports). How hard a student has been working is not something that we or they can do anything about. The only thing that they have control over is the next few weeks.

Your sons and daughters are really starting to feel the pressure now, and they need our strength and experience as adults of handling difficult situations. I'm sure there will be tears and arguments in many homes; I can still vividly remember how grumpy I was during the exam periods when I was at school (and that's 30 years ago!). All we can do is smile sweetly and bear in mind the scale of the challenge that they are facing.

The presentation focussed on mental health and good preparation, and I elaborated with a few further comments about the importance of good sleep. I suggested that you try and get your child to volunteer to willingly do a few things to promote quality sleep, just for a few weeks...

- Staying at a friend's house – not until July!
- Games consol/PC in bedroom – not until July!
- Out with friends until whatever time – not until July!
- Leaving their phone with you overnight – definitely until July!

In my assembly, a video clip featured a gentleman called Cliff Young, a 61-year-old Australian farmer who defeated professional athletes in a 550 mile running race. His message was, "It's all about keeping going ...one foot in front of the other."

This is the best attending, best behaved and best progress-making Year 11 that the school has ever had. The data shows it. We, like you, will continue to do everything that we can to support them in these last few weeks.

With warmest wishes,

Mr A McGinnes
Headteacher

