

“Minds are like flowers, they want to grow”



**W/C Monday 19<sup>th</sup> January – Week A**

**Year 12 Work Experience: Monday 29 June-Friday – 3<sup>rd</sup> July**

**Deadline is 26<sup>th</sup> March for giving your details to Miss Marriott.**

**Mock Exams**  
**Mon 9<sup>th</sup> – Fri 13<sup>th</sup> Feb**

**Year 12:** Please attend **all** lessons this week, mock exams will be running **during** your lessons. THERE WILL NOT BE STUDY LEAVE.

**Year 13:** There will be not any A-level lessons running. C-Tech lessons will **continue** as normal and you will be expected to attend unless you have a study leave session.

Study leave sessions for year 13 will be as previously, half a day before each exam (please see above as it is the same as for the January exams).

## A good website to help with exam stress:

[Exam Stress | How To Deal with Exam Stress | YoungMinds](#)

It is normal to feel a bit worried about exams, especially if you're under pressure from school or family. Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits.

- Let your trusted friends and family know if you are struggling, so they can be there to support you, encourage you and offer a listening ear. You don't have to go through this alone. Keeping it all in will only make things worse in the long run, so don't be afraid to open up
- Ask for help. Think about all the practical support you need and be honest with yourself about it. You are allowed to ask for help. Talk through your concerns with your teacher/tutor who can let you know they have spoken to lots of students before who are going through similar things.
- Try finding a study group, or start your own. Working through problems with other students can be a nice way to keep your social life going and boost your morale.

If you recognise any of these feelings, or are worried that exam pressure is taking over your life, you are not alone, and there are things you can do:

Think about all the things you have achieved so far. It can be helpful to write a list of all the things you like about yourself, and the things other people value about you too.

If people around you - like your parents or family - are putting pressure on you, it can help to tell them what you feel able to achieve, and let them know that your expectations are different to theirs. You could also talk to a teacher you trust about the pressure you are under at home

'Self-care' is a phrase you've probably come across, but what does it really mean? Simply put, self-care is the little things we do to look after our own mental health.

if you're worried about exams, you may feel like you don't have time for self-care, or that you need to spend all of your time revising. While it is of course important to revise, if you don't take the time to look after yourself by doing things like eating and sleeping well, and you don't give yourself time to unwind by doing something you enjoy like gaming or seeing your friends, you will find it harder to revise. We are not machines - we all need a break sometimes!

So make sure that when you're thinking about how to use your time before exams, you factor in time to look after yourself. You deserve it!

**If you have forgotten/lost your lanyard (and waiting for the replacement from IT which you will email them to obtain, [h.desk@kimberleyschool.co.uk](mailto:h.desk@kimberleyschool.co.uk)), please sign in on the screen by the main reception desk.**

Remember to check your emails regularly (make sure that your notifications are switched on) as this is how most staff will communicate with you outside of lessons.



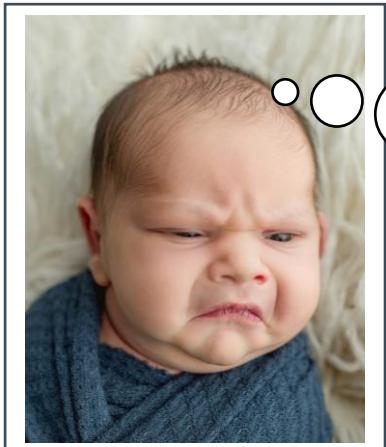
**Do not forget to use your ID card to log in and out at the main reception door each time you enter/exit the building. This creates a list of students on site which is necessary for fire evacuation lists and is also for Safeguarding. This is extremely important.**

**The Sixth form common room is open for students use up until 5pm each week night**

Please remember to keep all  
external doors shut.  
It's that time of year again,  
it's starting to get cold.

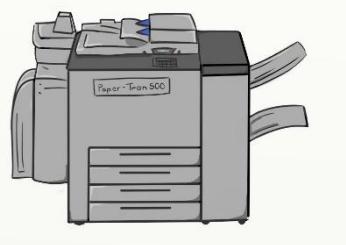


**Listen to grumpy baby and respect your study spaces:**



**I hope those naughty year 12  
Boys learn their lesson and stop  
behaving like babies in E4 – all  
noise and mess!**

6<sup>th</sup> form students are entitled to print their school work out on school printers. When choosing a printer, please click on 'Holding Queue Mono on Papercut' (b&w) or 'Holding Queue Colour on Papercut' (colour). You can then access any of the printers around school, the closest being by the English staffroom and in the Art Block. Your ID card should activate it (place on the panel), if not, you can use your computer log-in details to activate.



At the start of each school year, each student is allocated an allowance of £5 for the whole year. If for any reason you go over this balance and are no longer able to print, please come and speak to us. Remember, if printing in colour, this is more expensive.

**Reminder: If you are going to be absent from school (illness or medical appointment), although great to receive the information from students, we do need to speak to parents/carers and this will be followed up. DO NOT just take yourself home during the day without informing Miss Marriott.**

Personal Development topics – Tuesday 20 <sup>th</sup> January	
Year 12	Year 13
In Common Room – Dangers of Pornography	In tutor room



To:

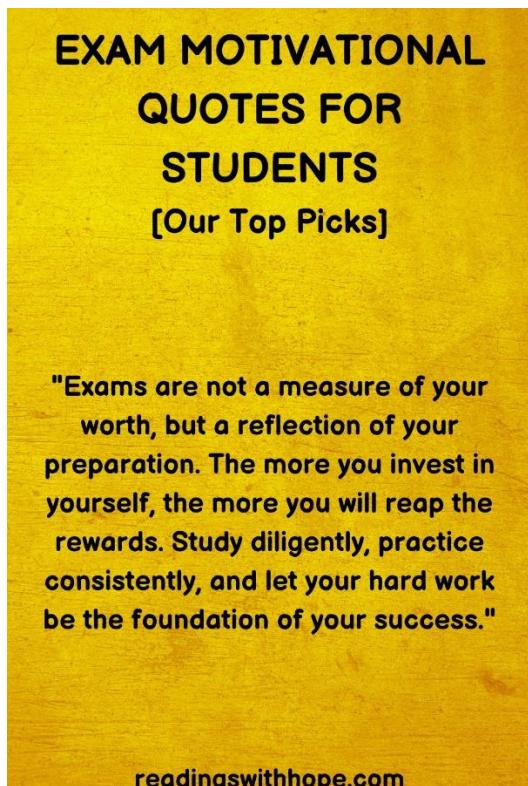
**Jake Welbourne – 17<sup>th</sup> January**

**Lily Herron – 18<sup>th</sup> January**

**Jenson Payne – 18<sup>th</sup> January**

**Scarlett Morgan – 21<sup>st</sup> January**

**Lilly Cane – 22<sup>nd</sup> January**



**Thought  
for the  
week:**

## Dates for your diary:

<b>Mon 9 – Fri 13 February</b>	Year 12/13 mock exams
<b>Friday 13 February</b>	Break up for half term
<b>Monday 23 February</b>	Back to school
<b>Friday 27 March</b>	Break up for Easter
<b>Monday 13 April</b>	Back to school
<b>Monday 4 May</b>	Bank holiday
<b>Monday 11 May</b>	Exam season starts
<b>Friday 22 May</b>	Break up for half term
<b>Monday 1 June</b>	Back to school
<b>Monday 22 June</b>	Year 12 mock exams
<b>Friday 26 June</b>	Exam season finishes
<b>Monday 29 June – Friday 3 July</b>	Year 12 work experience
<b>Friday 3 July</b>	Inset day
<b>Friday 24 July</b>	Break up for Summer

## Weird things we say and why: Beat around the bush.

**Definition:** Avoid coming to the point.

**Example:** Stop beating around the bush and tell me how much a new phone will cost.

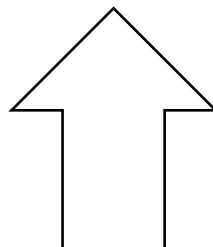
**Origins:** In bird hunts some of the participants roused the birds by beating the bushes. Beating the bush was the preamble to the main event, which was the capturing of the birds.

## Joke of the day:

A photographer was killed when a huge lump of cheddar landed on him. To be fair, the people being photographed did try to warn him.



**TOP HAT**



**Make sure that you have money on your account for lunches**

### **What is a Careers appointment and how can it benefit you?**

A careers appointment offers you the chance to speak to a Careers Consultant one-to-one to explore your career thinking, questions and goals. It can give you the space to explore your ideas, work through your thinking and decision making, and support you along your career journey. It will be of benefit to you no matter where you are in your journey – if you are just starting out (or are not even sure where to start!), if you have some ideas or if you have a clear idea and are looking to put your plan into action. It's a chance for you to take some space and time to gather your thoughts, and identify next steps you can take.

If you would like to make an appointment, please see Miss Marriott to get this arranged. Appointments are Tuesday.

### **Good Attendance Matters**

**Do not book holidays during term time.**

If you are ill and cannot come to school, please ask your parent or carer to telephone Miss Marriott (Mon-Thurs) or Mrs Pates (Fri) on extension 225 to confirm your absence.

If you have a lesson, DO NOT leave school without informing Miss Marriott. This will be followed up with a telephone call to parents/carers.

### **Searching Online For Degree Apprenticeships**

Searching Online For Degree Apprenticeships

[www.gov.uk/apply-apprenticeship](http://www.gov.uk/apply-apprenticeship)

<https://careerfinder.ucas.com/jobs/degree/>

[www.amazingapprenticeships.com/vacancies/](http://www.amazingapprenticeships.com/vacancies/)

<https://amazingapprenticeships.com/app/uploads/2022/11/HigherDegree-Listing-NOV-2022.pdf>

[www.notgoingtouni.co.uk](http://www.notgoingtouni.co.uk)

[www.prospects.ac.uk](http://www.prospects.ac.uk)

[www.getmyfirstjob.co.uk](http://www.getmyfirstjob.co.uk)

[www.ratemyapprenticeship.co.uk](http://www.ratemyapprenticeship.co.uk)

[www.findapprenticeships.co.uk](http://www.findapprenticeships.co.uk)

[www.future-talent.com](http://www.future-talent.com)

Don't forget, some large employers who run their own Apprenticeship programmes don't always advertise their vacancies externally. So if there is a company you really want to work for, check the careers page on their website. And check the regular jobs sites too eg Indeed or Reed, as you'll sometimes find opportunities on there that haven't been advertised elsewhere. [www.mygreatfirstjob.com](http://www.mygreatfirstjob.com)

**Please make sure your finger print has been taken for your dinner account and make sure that your account has been topped up. Speak to Andrea if you have any queries. If you wish to pre-order food for lunch, please speak to her at break and she can arrange this for you.**



## Work experience week 2026

We can officially confirm that applications for our **2026 work experience week** are now **OPEN**. Applications are open to **students in years 10-13** and we have **55 places** available across **22 projects**. Work experience placements at Diamond offer students the chance to work on hands-on projects at the UK's national synchrotron facility. Placements will be running in-person at Diamond from **Monday 29th June to Friday 3rd July 2026** and **applications close at midnight on Sunday 1st February 2026**. Please share the application link below with your students.

[\*\*Apply for Diamond's work experience week here\*\*](#)

We hope you all have a relaxing and fun festive break!

Kind regards,

Katie, Katy and Amy

**Public Engagement Team**

## News Item of the Week:



Critical incidents declared at two hospital trusts

### **Critical incidents have been declared at two NHS trusts in Nottinghamshire, with patients experiencing "significant and unacceptable delays" across some services.**

Nottingham University Hospitals (NUH) NHS Trust said since Christmas, a rise in winter infections and staff sickness had led to "severe and sustained pressure" on its emergency department (ED) and across hospital wards.

Meanwhile, Sherwood Forest Hospitals NHS Foundation Trust said there were "insufficient discharges to meet the demand of patients waiting to be admitted".

When declaring the critical incidents on Tuesday, hospital officials pleaded with people to only attend the A&E in an emergency.

NUH said the ED at the Queen's Medical Centre (QMC) was designed to treat 350 patients a day, but the site was "regularly" seeing more than 500 patients.

They added demand on its hospital beds had "exceeded all of our forecasted modelling", with patients having "unacceptable and lengthy waits on corridors".

A spokesperson for Sherwood Forest Hospitals - which runs King's Mill Hospital in Sutton-in-Ashfield - said there was "sustained pressure" across many services.

Andrew Hall, chief operating officer at NUH, said: "We are experiencing pressures like never before.

"Despite our teams working tirelessly, the demand on our hospitals far exceeds our capacity.

"Declaring a critical incident is not a decision we have taken lightly, but it is necessary to protect patient safety.

"I am deeply sorry for the poor experience this is causing and ask everyone to treat our staff with kindness as they work through this difficult period to deliver the quality of care that you expect."

As a result of declaring the critical incident, the trust will now rearrange some elective procedures to create capacity for the sickest patients.

All available beds and spaces will be opened and some staff will be redeployed to help alleviate pressures.

They will also be working with NHS and local partners to speed up discharges and provide community support.

Dr Manjeet Shehmar, medical director at NUH, said: "Our teams in our emergency department will continue to see the sickest patients first, which means that if you attend our ED at QMC for conditions that are not an emergency, then you will have an extremely long wait and may be redirected to use other services instead.

"We continue to ask the public to help us by only using ED in an emergency or serious accidents. For all other issues please ensure you have called 111 beforehand to be directed to the most appropriate service."

Patients who have planned appointments are advised to continue to attend unless they are told otherwise.

East Midlands Ambulance Service also said its emergency service was "extremely busy" on Tuesday and urged people to only call 999 for life-threatening emergencies.

The announcement follows similar critical incidents being declared across NHS hospital trusts in south-east England.

In Surrey, the critical incidents affect the Royal Surrey NHS Foundation Trust and Surrey and Sussex Healthcare NHS Trust.

East Kent Hospitals University NHS Foundation Trust has also declared a critical incident due to "sustained pressures" at the Queen Elizabeth the Queen Mother Hospital in Margate.

## University Open Days

University of Derby

Friday 19<sup>th</sup> June

Saturday 20<sup>th</sup> June

NTU

Saturday 7 March

Saturday 25 April

Saturday 27 June



The West Bridgford School

# **HIGHER & DEGREE LEVEL APPRENTICESHIP FAIR**

Looking to gain an apprenticeship?  
Undecided whether to go down the University or  
Apprenticeship route?  
Want to find out more about them to help inform  
your career planning?

**Open to students in Year 12 & Year 13**



DATE

Wednesday 28<sup>th</sup> January 2026



TIME

6PM - 8PM



LOCATION

West Bridgford School, Loughborough Road,  
West Bridgford, Nottingham, NG2 7FA



Meet local employers

Explore all options



Meet Training Providers &  
Universities

Explore current & future vacancies



## NTU Apprenticeships Open Day

Thursday 12<sup>th</sup> February 2026, 12.30 - 4 pm

Nottingham Trent University, The Pavilion, Clifton Campus, Clifton, NG11 8NS

As part of our events to mark National Apprenticeship Week 2026, we would like to invite you to our Apprenticeships Open Day aimed at prospective apprentices.

Discover a wide range of career pathways, meet employers, and explore the exciting opportunities available through NTU Apprenticeship courses.

### Engaging Potential Apprentices

This event will bring together employers, current and prospective apprentices, academics, course leaders, industry experts and more.

This is a great opportunity for your students to hear directly from cross-industry, local and national employers about their apprenticeship careers programmes and who they are seeking to recruit. We will be promoting all of our available apprenticeships, ranging from levels 3-7.

The NTU Apprenticeship Team will be available throughout the day to provide your students with advice on entry requirements, the application process and timelines.

Additionally, the event will assist in enabling you to achieve sections of your Gatsby Benchmarks, namely:

- Learning from career and labour market information
- Encounters with employers and employees
- Encounters with further and higher education

[Find out more](#)

### What is an apprenticeship

Apprenticeships are an exciting route into higher education, that allow apprentices to gain the same qualification as a full-time university student whilst working and earning a wage.

Tuition fees for apprenticeships are covered by the employer, meaning it costs the apprentice nothing to study for their degree. Apprenticeships are open to both school leavers and those already in employment looking to upskill, meaning there's no age limit to those looking to apply.

For more information about booking onto this event, please contact Pauline Williams on [askapprenticeships@ntu.ac.uk](mailto:askapprenticeships@ntu.ac.uk) or call on [0115 848 6058](tel:01158486058).

We look forward to welcoming you.

Kind Regards      Rowan



**August**

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**September**

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**November**

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**January**

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**February**

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**April**

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**May**

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**June**

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**July**

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**6** School Holidays

**8** Public Holidays

**5** Administration Days

Please note: an additional Admin day is to be confirmed.



Information available if you need it...



Bullying, self-harm, exam stress, cyber bullying, depression, feeling sad, abuse... if you need to talk to someone

**Calls are free and confidential 0800 1111**



Non-judgemental, confidential, emotional support, 24 hours a day, 365 days a year

**Calls are free 24/7 on 116 123**

Samaritans works to make sure there's always someone there for anyone who needs someone.



Beat provides helplines for people of all ages, offering support and information about eating disorders. If you or someone close to you has been affected there is someone to talk to.

**This helpline is free from all phones  
0808 801 0677**



Brook offers both clinical sexual health services (pregnancy, contraception, sex & relationships, STIs) as well as education and wellbeing services for young people aged 11-25

**Ask Brook on 0808 802 1234**



Harmless is a local Nottinghamshire charity that works to address and overcome issues related to self-harm, and to promote recovery amongst individuals affected by it.

**Call on 0115 880 0280 or visit  
<https://harmless.org.uk/>**



Shout is a **free, confidential, 24/7 text messaging support service** for anyone who is struggling to cope

**Text 85258**