

NEWSLETTER

“Striving for success without **hard work** is like trying to harvest where you haven’t planted.”
— *David Bly,*



CATS students enjoy creative bird project

CATS students were tasked to choose a map that signified a special place to them; plus a bird from their country of birth.

The bird was then printed on the map, and the students cut out the bird.

These will be put up as a collaborative collective art installation at school.

Watch this space!

Students creating their Bird installation project



Student Council

‘Stay consistent in your studying’



‘Success is the sum of small efforts, repeated day in and day out.’

Robert Collier

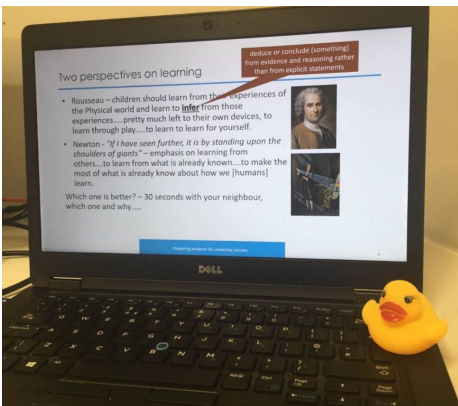
‘Everyone is becoming anxious and stressed with the approaching A Level exams, and I am not an exception.

I have been practising past papers and topic questions while reviewing my own material in preparation for my exams. Throughout my A levels, I tried a variety of study techniques, but I've discovered that "the blurring method"—where you essentially blurt out all of the content you recall from each topic and fill in the blanks with your own notes—works pretty well for me.

Group discussions are also effective since we can all contribute our expertise and viewpoints. I also reach out to my teachers when I need assistance with my academics and revision strategies.

Of course, I sometimes give myself a break by going for a stroll and listening to music. I am confident that with the support of my teachers, I will be able to achieve my target grades and embark on my future career as a doctor.’

Aye Mon Mon Aung
Student Council House Captain



In software engineering, Rubber duck debugging is a method of debugging code.

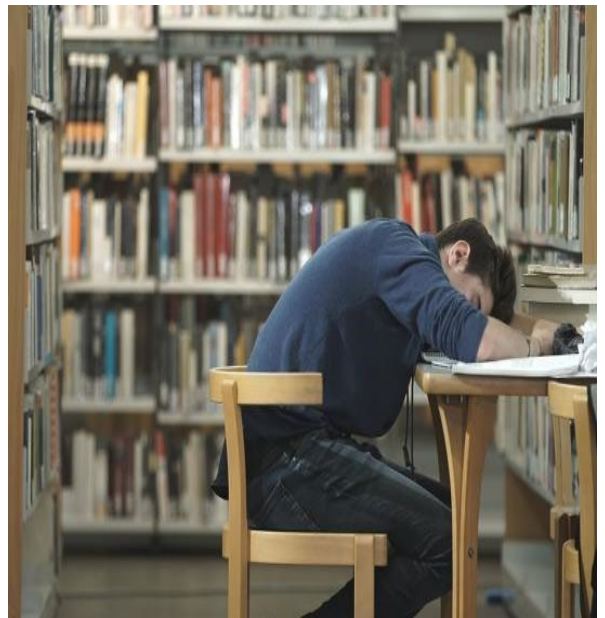
The name is a reference to a story in the book ‘The Pragmatic Programmer’ in which programmers would carry around rubber ducks and debug their code by forcing themselves to explain it, line by line, to the duck.

Explaining something is always an excellent way to revise and to check whether you are able to articulate your understanding. So, why not talk to a duck? Once you’ve explained an idea you’ve been working on to your duck, try explaining it to one of your friends.

The Impact of Sleep on Learning and Memory

Sleep research from the last 20 years indicates that sleep does more than simply give students the energy they need to study and perform well in tests. Sleep actually helps students to learn, memorise, retain, recall, and use their new knowledge to come up with creative and innovative solutions.

Massachusetts Institute of Technology (MIT) researchers concluded that if students want to see an improvement in their test scores, they have to prioritise their sleep during the entire learning process. Staying up late to study just doesn't pay off.



There are many benefits to sleeping before an exam, such as:

- Memory: sleep is when we commit information to memory.
- Sleep can help you recall what you studied on the exam.
- Cognitive function: sleep is necessary for critical thinking and problem-solving
- Focus: sleep helps you focus.
- Reduced stress: lack of sleep raises stress
- State of being: when you get a good night's sleep, you feel more alert, energized, and confident

A-LEVEL BIOLOGY FIELD TRIP



AL1 Biology students visited Flatford Mill FSC for their annual field trip, an essential part of the A-Level Biology curriculum.

Students reflected on how beneficial it was to cover topics such as Biodiversity and Evolution, Natural resources and Ecosystems.



Flatford Mill is a Grade I listed watermill on the River Stour at Flatford in East Bergholt, Suffolk, England. According to the date-stone the mill was built in 1733, but some of the structure may be earlier. Attached to the mill is a 17th-century miller's cottage which is also Grade I listed. The property is in Dedham Vale, a typically English rural landscape.

The mill was owned by the artist John Constable's father and is noted, along with its immediate surroundings as the location for many of Constable's works.



On Being Good Company

Dominic Tomalin, Principal

I wrote last week about the ways in which I have developed my capacity to manage and direct anxiety to positive ends. Frequently, the development has been born of experiencing unwanted anxieties. There is some truth in what you survive makes you stronger. I am stronger still because I have benefited greatly from contributions from others, be that from friends who took an interest, the unconditional love of family or the more distant bravery of others, sharing experiences and strategies. All have made a difference to me and the way that I manage anxieties.

This week I have been reflecting on how others have helped and the way in which I endeavour to help others. Some lengthy drives to various conferences have afforded me the opportunity to give this a good deal of thought of late. I have come to the view that the greatest gift that any of us to give anyone is to be good company. I have recognised a need to refine this to be a good company sensitive to the moment. Providing a company that puts people at their ease, so that they feel interested, and that others are interested, is something after which we all hanker. The least we can do is to try hard to be the very best company for others. At times this will be about taking an interest, at others it will be about sharing about yourself. Always aiming to engender a dialogue that generates a feeling of connectedness. Some will need to be nurtured into such a conversation, you will need to search out the rich seam of interests that resides in us all. These are not always easy to find – the favour, the gift to the other, is to persevere and never underestimate the benefits of self-deprecating anecdotes to encourage engagement. This may suggest the talkative, garrulous types are the best in the company, however, I opine this is not the case. I suspect that, more often than not, providing good company in silence when it is needed is the most precious of gifts – quite literally, ‘whilst you work it out, you are not alone’. ‘There is no need to talk until you are ready’.

Be of good company.