

Langley Park School for Girls

Enabling everyone to thrive – acting with kindness, determination and respect.



Headteacher: Mr S Whittle, MA (Cantab), PGCE, NPQH

3 October 2024

Dear Families,

Year 11 and Year 13 Autumn Trial Examinations

Monday 14 October to Friday 8 November 2024

This term, Year 11 and Year 13 students will undertake their first set of trial exams in preparation for the public examinations commencing in May 2025. To support them, we have held exam briefing assemblies this week. Additionally, form time will be dedicated to revising course content (PiXL) and enhancing exam preparation.

Full details of the exam schedule, along with FAQs and Exam Board Coursework Information, can be accessed [here](#).

Please be aware that we are unable to provide a secure space for students to store their belongings during exams. We ask that students allow time either before form time in the morning, or during the lunch break, to store any non-exam items in their lockers.

If your child has not yet hired a locker, there are still empty lockers available, which can be booked through [locker rentals](#). Please follow the instructions provided on the website. Further information can also be found in the [Parent Handbook](#) on our website.

Students who receive Pupil Premium or 16-19 Bursary funding are eligible to use these funds to secure a locker. For Year 11 students, this has been arranged by Mrs Sweeney who is based in the SEND Hub. Sixth Form students should contact Ms Francois in the Sixth Form Admin Office for assistance.

We know that some of our young people can feel overwhelmed during exams. Examinations, by their nature, test resolve as well as academic learning. Parents are a vital part of student support, helping them regulate their feelings by making sure they eat and sleep properly, do not work too late and gain perspective. These are practice exams and a step in their journey. You can contact your child's tutor if you are concerned.

Exam Preparation Coffee Morning

We are very pleased to invite the parents and carers of Year 10 and Year 11 students to a coffee morning at LPGS on Tuesday, 8 October, from 9:00-10:00am. This event will be held in collaboration with Bromley Y and our school's Mental Health Support Team (MHST). Our LPGS MHST practitioners, Sherine Dowdye and Sara Disalvo, will be giving a brief presentation on how you can support your child in preparing for exams and navigating the exam period. Additionally, LPGS staff will provide details about the upcoming trial exams and how they will resemble the public exam period in May-June of Year 11.

The coffee morning offers a valuable opportunity for parents and carers to visit the school, meet key staff members, and seek guidance on how to best support your child's revision and study habits at home, while also ensuring their wellbeing is maintained during this time.

Bromley Y is a local charity that has supported young people and families in Bromley for over fifty years, offering many services in relation to Mental Health and Emotional Wellbeing. Part of this service is known as

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the Mental Health Support Team and includes working closely with several schools across the borough. The MHST service provides a range of psycho-education interventions, live webinars, targeted group work, guided self-help, and advice for young people, as well as offering consultations with parents/carers and school professionals to support young people.

Each secondary school has its own named wellbeing practitioner working with the school Mental Health Leads and other professionals to promote a whole-school approach to mental health and wellbeing.

For those unable to attend the coffee morning, we will record the presentation and share it with parents and carers, along with links to Bromley Y resources that may help support your child. To help us plan for the event, please complete the attendance form [here](#). If you cannot attend, kindly note a more suitable time, and we will consider your availability for future events.

Bromley Y have also provided some useful videos on how to help your teen manage exam stress (<https://bromley-y.org/video.html>). They also host useful webinars each month and you can find details through this link; <https://drive.google.com/file/d/1k5k9rGqWqnjm3cGexrq0MqUZKLWgX9fV/view>

We wish every student success during this trial exam period and hope the effort they invest now will help lay strong foundations for the months ahead.

Yours faithfully,

Mrs L Brown
Head of Key Stage 4