



Dear Parents/Carers

I am writing during the second week of GCSE and A Level examinations and at the end of the fifth term of the academic year. This point in the calendar always seems to arrive quickly, with Years 11 and 13 preparing to leave, while a new Year 6 cohort is already confirmed for September.

At this time of year, I often reflect on the experiences of parents and carers across these groups. For Year 11 families, it is a period of supporting young people through their first significant set of formal examinations. For Year 13, there is the added complexity of both final exams and important decisions about future pathways, whether that involves higher education or entering the workforce. Meanwhile, Year 6 parents have recently navigated the process of selecting a secondary school and are now preparing their children for the transition from primary to secondary education — a significant milestone in itself.

Across all groups, there are many decisions and uncertainties. Over my 27 years in education, I have seen numerous cohorts of Year 11 and Year 13 students move on from the schools in which I have worked. In that time, it has become clear that the vast majority of students successfully find their way, and even for those whose initial plans do not unfold as expected, alternative routes often lead to equally positive outcomes.

I was reminded of this recently in conversation with a former student who has gone on to achieve considerable success in his chosen career, despite facing challenges during his school years. It is one of the great privileges of working in education to witness young people overcome difficulties and ultimately thrive.

Hot Liquids

Pupils are not permitted to bring hot liquids, including hot water in flasks, onto the school site due to the risk of scalding injuries.

PE Uniform - early notice of changes for September 2026

As you will already be aware, Year 7, 8 and 9 attend school on PE days in their PE Uniform. This has been a very successful change, taken in response to staff and student feedback, which has resulted in more time for physical activity during PE lessons. We will roll this out to all students, Year 7-11, from September 2026.

From September 2026, for all Year 7-10 students, the PE uniform will consist of the Wye School PE T-shirt and one of the Wye School PE bottom options. The bottom options are: Wye School PE shorts; Wye School PE joggers; Wye School PE leggings; all of which can be purchased via [Pages](#).

The Wye School PE Sweatshirt remains optional, and for winter, students are permitted to wear plain navy blue or black skins / long sleeved tops underneath their PE T-Shirt and/or a plain, navy jumper.

N.B. Skorts and hoodies are no longer part of the Wye School PE uniform. These items used to be compulsory for older year groups but are no longer part of the PE Uniform and will not be permitted for any year group from September 2026. Year 11 students will continue to be permitted to wear plain, non-branded, joggers or sport leggings as an alternative to the school PE shorts.

Revision for End-of-Year Exams

As we approach the end-of-year assessments, students in Years 7–10 will benefit from developing strong revision habits that help them feel confident and prepared. Effective revision isn't about long hours at a desk

— it's about using the right strategies consistently. Teachers have added assessment dates and revision resources to Arbor to help your child plan their revision and both teachers and form tutors have spent time discussing effective revision with students over the last few weeks.

Top revision techniques to support your child

- **Short, focused sessions** Encourage 20–30-minute bursts of revision with short breaks. This helps maintain concentration and reduces overwhelm. The pomodoro technique is an excellent tool and students have been shown this in tutor time.
- **Healthy habits matter** Sleep, hydration, and regular breaks all support memory and concentration.
- **Active revision over passive reading** Techniques such as self-quizzing, flashcards, mind maps, and teaching someone else the content help information stick far more effectively than simply rereading notes.
- **Practice questions** These build familiarity with question styles and help students identify areas to improve.
- **Plan ahead** A simple revision timetable can help students organise their time and avoid last-minute stress.
- **Create the right environment** A quiet space, phone out of reach, and all equipment ready can make a big difference to focus.
- **Homework matters** Remember that homework is part of a healthy revision timetable, and this counts towards their revision for each subject.

How you can help at home

Check in with your child about what they've revised each day, encourage them to explain a topic to you, and celebrate small wins to keep motivation high.

We appreciate your support in helping students build strong, sustainable study habits that will benefit them throughout their school journey.

Understanding Anxiety in Teenagers: A Quick Guide for Parents

Adolescence is a time of rapid change—physically, emotionally, and socially. It's normal for young people to feel worried or stressed at times. However, when these feelings become overwhelming or persistent, they may be experiencing anxiety.

What is Anxiety?

Anxiety is the body's natural response to **perceived danger or pressure**. It's often called the '**fight, flight, or freeze**' response—an automatic survival system designed to keep us safe.

For teenagers, anxiety can show up as constant worrying, difficulty concentrating, trouble sleeping, irritability, or physical symptoms like headaches or stomach aches.

The Science Behind Anxiety

Inside the brain, a small structure called the **amygdala** acts like an alarm system. When it senses a threat (real or imagined), it triggers the release of stress hormones such as **adrenaline and cortisol**. This increases heart rate, breathing, and alertness. The thinking part of brain (prefrontal cortex) goes offline.

During adolescence, the thinking part of the brain (prefrontal cortex) is still developing, making it harder for young people to **regulate strong emotions**.

How Parents Can Help

Before using a grounding whole-body technique help force the brain to shift from emotional, fear-based thinking to logical, structural thoughts. This can be done **using mental grounding techniques**.

It needs to be something that is fairly easy so not to overwhelm but not too easy so that the brain can stay in an emotional state, e.g.

- **Get them to go up in 5's up to 100. Repeat if needed**
- **Get them to spell some 3 letters words**

Then whole-body grounding techniques can be used. Here are a few examples:

1. **Breathing Exercises** Try 4-4-6 breathing – inhale for 4 seconds, hold for 4, exhale for 6. This helps calm the nervous system.
2. **Grounding Techniques** Use the 5-4-3-2-1 method to focus on senses and reduce overwhelm. E.g. 5 things you can see etc.
3. **Tapping** Gently tapping pressure points while focusing on worries can reduce stress (also known as EFT).
4. **Temperature grounding**:- Cold water on wrists, holding a cold bottle or splashing face with cool water.
5. **Muscle grounding** Push feet firmly into the floor, clench fists for 5 seconds, release or name where their body is touching something solid.
6. **Encourage Open Conversations** Listen without judgement and validate feelings. Helpful words such as, 'I can see you're finding this hard', 'You're safe — let's take a moment', 'You don't have to answer right now'.
7. **Promote Healthy Habits** Sleep, balanced diet, and physical activity support emotional wellbeing.

It is important not to talk to your child as if them being anxious at the moment means they will remain anxious all day: 'Yes, you are feeling anxious at this moment about getting the bus, but, you know you often get the bus and manage it and you can do so now as well. You do so well to cope with your anxiety and move on.'

It can be hard for parents to step back at times and let their child face their anxiety on their own, but, by secondary school age, this is important as it allows your child to develop their own coping strategies. Well-meant over protection of your child, in person and via mobile phones, can, without meaning to, delay them developing their own ways forward. It is very difficult being the parent of an anxious child but giving them any sort of messaging that you don't think they can cope does make it less likely that they will cope.

When to Seek Further Support

If anxiety is affecting daily life, consider reaching out to a school pastoral lead and/or head of year, GP, and/or mental health professional.

Useful Links

[Early Help \(support for families\) - Kent County Council](#)

[Helping your child with mental health problems - Kent County Council](#)

[Mental health and wellbeing | NHS Kent and Medway](#)

Stour Music Festival

We are very grateful to be able to host a choral workshop this year, as part of the Stour Music Festival's Musical Outreach programme. Building on the success of last year's workshop, led by Hans Pfeifferer, we will welcome Sarah Latto to Wye School. The workshop will involve music students from Wye, as well as students from other local schools.

The Stour Music Festival is a celebration of early Music in East Kent and will run from the 19th June - 28th June. See the flyer for the event [here](#), and further details of events can be found on their [website](#).

Sarah Latto will also be hosting a Come and Sing workshop for adults (or older children) at Boughton Aluph between 10am and 1pm on Saturday 20th June. If you are musical and able to read sheet music, you are warmly invited to attend, please book tickets [here](#).

Interview Day for Year 9 Students

At the beginning of term, we held our Year 9 Interview Day, where a range of professionals from both within and outside the school volunteered their time to interview all Year 9 pupils. The event was a great success, giving students the opportunity to develop their communication skills, build confidence, and reflect on their future aspirations. Thank you to everyone who took part and helped make the day so valuable for our pupils.

EKC – Health & Social Care Course

We took a group of ten Year 10 pupils to East Kent College to visit the Health and Social Care course, where we travelled by train and took part in a two-hour workshop. The students had the opportunity to work with advanced medical mannequins that could simulate detailed checks such as blood pressure and heart rate, allowing them to practise carrying out a full body assessment. EKC students also demonstrated how to perform CPR, using different musical beats to help with rhythm. The trip was a great success, with pupils thoroughly enjoying the experience while gaining valuable insight into higher education and future career options.



Making Pasta

Year 10 Food lesson saw students making and shaping pasta, with some very impressive outcomes!



Alumni Student Visit

An alumni student, Bobbie-Jack, returned to Wye to speak with our Year 8 pupils about his experience in the Army. The pupils were highly engaged as he shared insights into his journey and spoke about the skills and opportunities the Army has given him. Having left Wye nearly three years ago, it was wonderful to see how much he has grown in maturity and confidence. His visit was both inspiring and informative, giving pupils a valuable perspective on one possible pathway for their future.



Under 16 Boys 300m Kent Track & Field Championships

Congratulations to Dillon in Year 9 who took home the bronze medal in the U16 boys 300m at the Kent Track and Field Championships held at Medway Park on Saturday. Dillon set a personal best in both the heat and the final, coming home in 37.83s to claim third place in the county.



Congratulations to Arthur Taylors 2nd Dan

Congratulations to Arthur who has recently completed his Karate grading for his 2nd Dan black belt. He has worked very hard on this for the last six years to achieve this. He was tested on self defence, weapon kata's, and sparring. Also he had to do 1500 kicks and punches in one hit and managed to raise £260.00 for the RNLI. He has also just finished a CIT course (Certified Instructor Training) – A great achievement, well done Arthur.



Swimming Sophie

Well done to Year 8 student Sophie for her County debut at the Kent County Swimming Championships representing Ashford Town Swimming Club.

Hythe Town FC – Girls Football Trials

Please see [here](#) for further details on the Hythe Town FC Girls Football Trials.

Bormio 2026

Miss Lulham and other staff took students from a range of years to Italy skiing over Easter. Lots of fun was had by all. She says 'our students showed magnificent strength of character as they applied their skills to new runs, and also shared the slopes with the best junior skiers in the UK as Santa Caterina played host to the 2026 GB Alpine Championships this week. Apres ski activities continued to provide evening enrichment for our party, including a really enjoyable evening at the local Pizza restaurant on Wednesday. This also gave Mr Marufu further opportunity to display his karaoke skills, accompanied by Mrs Grist!'





RAF Manston History Museum

A museum located in Manston, Kent that is dedicated to preserving and educating the public on the history of Manston as an airfield.

The museum is holding a brand-new event at the museum this year, the RC Race and Display event. This is being held on **Saturday 30** and **Sunday 31 May 2026**. It will feature remote/radio-controlled cars and vehicles of all different shapes and sizes racing and driving on tracks. Members of the public are also encouraged to bring along their own RC vehicles and have them race and drive around.

Kennington Town Council

Please see [here](#) for information on events being held over the half-term week.

Key Dates

Date	Time	Event
01 June 2026		Start of Term
01 – 09 June 2026		Year 8 and 9 End of Year Assessments


03 June 2026		Year 10 Biology Trip
05 June 2026		STEM Challenge Day
05 June 2026		Year 11 Celebration
08 June 2026		Td/IPV MenACWY Vaccinations Year 9s and catch-up
10 – 18 June 2026		Year 7 and 10 End of Year Assessments
19 June 2026		Stour Music Visit
26-28 June 2026		DofE Silver Year 10 – Qualifying Expedition
26 June 2026		Last Day of Exams
30 June 2026		University of Kent – Year 10 visit
02 July 2026		Creative Margate Workshop Year 10 Art students
03 July 2026		Year 11 Prom
07 July 2026		Career's Fair
w/c 13 July 2026		Work Experience Week
19-20 July 2026		DofE Bronze Year 9 – Qualifying Expedition
21 July 2026		Last Day of Term Students finish at 12:15 pm Non-uniform day

Conclusion

The best of luck to Year 11 and Year 13 as they enter the final phase of their exams at the start of Term 6. I look forward to meeting the new Year 6s this term as we first visit them at their Primary Schools and then they come for a day to get to know us in July.

I hope you all have a good half term.

Yours sincerely



Luke Magee
Principal