

Dear Parents and Carers,

Now the warmer weather and longer days are upon us, we can reflect upon an action-packed Spring Term here at Compass. A flavour of the many highlights is captured in this newsletter for you to enjoy. As you will see, our students and staff team have been very busy covering activities which will prepare them, eventually for some, very soon for others, for their next steps in life.

Welcomes and Farewells: There has been one departure from the Compass Team this term, Callum (TA) who has 'gone to travel the world' in his delayed 'gap year'. We have welcomed back Carol (Teacher) and Ellie and Julie into the Teaching Assistant team. Two members of staff have had their first babies; welcome to the world to Grace and Matthew.

The Summer Term: The term ahead already looks very busy and a list of key dates is included. Year 11 students will be taking their GCSE's and other qualifications during this term and securing their Post-16 opportunities whether that be at college, training, school Sixth Form, apprenticeship or directly into the world of employment. They have, for the most part, worked well and we wish them every success with their revision and exams. For parents / carers of Year 11 students, there is no need for me to remind you that exam time can be one of increased anxiety and if possible, it can be helpful to remove any other sources of stress to your child. At the end of this letter are some top tips for revision and these days there are plenty of websites which can help of which BBC Bitesize is one of the leaders in the field. Our teaching team will be working alongside students into the revision season and are on hand to offer advice, guidance and provide resources for them.

Sadly, we learned of the tragic death of Roxy recently, who had been one of our students. Our heartfelt condolences were passed on to her family and since then, we have, alongside Dorset Council, provided support for our students in coming to terms with this unhappy event.

It may be the case that your child might benefit from information about the dangers of the railway line, in which case (at a point which you find appropriate) please feel free to access the information on the link included in this news letters. As a word of warning, it contains some quite 'hard hitting' material and I would recommend that you view it first and then consider how best to deliver those important messages.

Also included is a message to parents / carers which explains our approach on the matter, containing important sources of help identified. We feel it is important you have this ahead of the Easter break. Please do feel free to contact us too should you feel the need.

On behalf of the Governors, staff and myself we wish you all a lovely Easter Break.

Alison Glazier, Headteacher.

KEY STAGE 3 SCIENCE

Key Stage 3 students have been learning about acids and alkalis. They conducted an experiment to discover the pH level of different substances, to enable them to determine if a substance was an acid, alkalis or neutral. The students also discovered that if you add an acid to an alkalis it becomes neutral. This was particularly useful when it came to testing how effective different brands of antacid are against heartburn.

Bex



LIFE SKILLS

Top Tunes for our Wellbeing

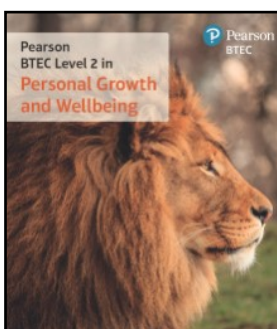
In February, we celebrated **Children's Mental Health Week** by thinking about the impact music can have on our wellbeing. We found out that music can help to reduce stress, improve our quality of sleep, improve our memory, boost motivation and even help manage pain. Each year group selected songs that lifted their mood to create our playlist of Top Tunes for our Wellbeing.



In Key Stage 3, our theme this term is **Living In The Wider World**. We have discussed British Values, diversity, the protected characteristics and created flags showing what we appreciate about the diversity in our country. This week we are writing to our MPs about an issue we want them to improve.



Year 9 students have been working hard on their **RSPH Level 2 qualification** Young Health Champions and are already half way through the coursework. **Well done Year 9!**



Year 10 students have started their **BTEC Certificate in Personal Growth & Wellbeing** and are currently writing CVs and letters for job applications. We will use these to apply for work experience positions.

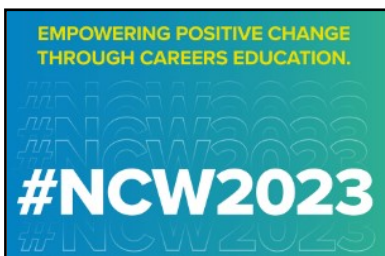
Students in Year 11 have nearly completed their unit on Financial Awareness for the BTEC award.

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Life Skills Continued.....

Careers & Skills for The Future

In March we celebrated **National Careers Week** by taking part in a quiz to identify Compass staff members' previous jobs. Congratulations to the winners from each year group. We used the quiz as an opportunity to talk about transferable skills that are needed in any job and how we can work on these before we leave school.



Maria our Careers Advisor, has spent time in school having 1:1 chats with Years 9 and 10 students about their futures. She will be back in the summer to meet with those who didn't get to speak to her this time.

Dorset Marvels continue to do a fantastic job with our Year 11 students helping to ensure they have a plan in place for after their GCSEs. *Thank you* to Penny for all you are doing to support our Year 11 students.



Work Experience



Students in Year 10 are working on CVs and letters of application in their Life Skills lessons. Our work experience dates are **Wednesday 5th, Thursday 6th and Friday 7th July**. Please do talk to your young person about what they would like to gain some experience in and return the form to school. Thank you.

On our Careers page you can find links to helpful websites to start conversations about careers and Post-16 destinations: <https://www.compass.dorset.sch.uk/gatsby-career-benchmarks>

Kate

STAY SAFE IN THE SUN

With the arrival of the Summer Term, we also hopefully look forward to better weather.

But it's not always fun in the sun.....

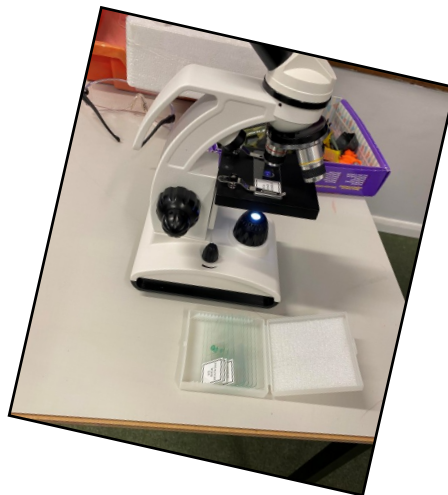
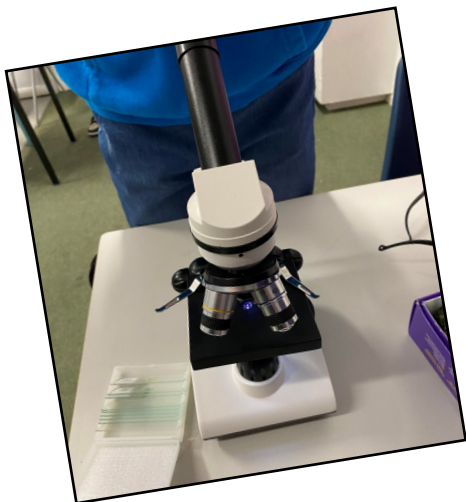
Opposite are 5 Sun Safe Tips for staying safe when enjoying the great outdoors!



KEY STAGE 4 SCIENCE

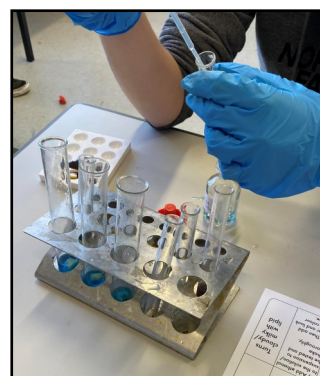
Year 9 students learnt how to grow their own crystals. Using a technique of saturation, students used hot water, salt and food colouring to produce beautiful shiny climbing salt crystals

Students in Year 10 have been learning about microscopes and their uses. Students have looked at a wide variety of specimens, including their own hair, a bees wing, a sample of blood, cheek cells and many more.



Year 11 students have been focusing on completing the required practical work in preparation for their GCSE exam. Students have tested different samples of food to determine if they contain fats, sugars, proteins or carbohydrates.

Bex



ALL GO IN THE KITCHEN



Lots has been happening in the kitchen at Compass this term.....

Year 11 students have been practicing for their Food Hygiene exam and have been taking part in various food challenges including making homemade Hash Browns and the art of the Poached Egg!



Friday afternoon's also see students enjoying cooking during their enrichment time, with all kinds of wonderful cakes, biscuits and tasty treats being created!

IMPORTANT DATES FOR THE SUMMER TERM 2023

As you will be aware an additional Bank Holiday has been announced for **Monday 8 May 2023** in recognition of the Coronation of King Charles III. This means the school be closed on this day.

Summer Term dates are as follows:

Monday 16 April 2023

Friday 28 April 2023

Monday 1 May 2023

Friday 5 May 2023

Monday 8 May 2023

Monday 15 May 2023

Friday 26 May 2023

Monday 5 June 2023

Wednesday 21 June 2023

Wednesday 5 - Friday 7 July 2023

Friday 21 July 2023

Summer Term begins

INSET Day No: 5

Early May Bank Holiday

HPV Vaccinations

Kings Coronation Bank Holiday

Year 11 Exams begin

Students finish for half term holiday

Students return from half term holiday

Year 11 Celebration Event


Year 10 Work Experience

Students finish for the Summer holiday

TERM DATES & INSET DAYS 2023-24

Please see below the term dates and INSET days for Compass for the next academic year 2023-2024.

The new year starts for students on **Monday 4 September 2023**, full details of which will be published in the Summer Term.



Dorset
Council

Compass Learning Centre School Terms and Holidays

2023 - 2024 Academic Year

September 2023					October 2023					November 2023								
M		4	11	18	25	M		2	9	16	23	30	M		6	13	20	27
Tu		5	12	19	26	Tu		3	10	17	24	31	Tu		7	14	21	28
W		6	13	20	27	W		4	11	18	25		W	1	8	15	22	29
Th		7	14	21	28	Th		5	12	19	26		Th	2	9	16	23	30
F	1	8	15	22	29	F		6	13	20	27		F	3	10	17	24	
Sa	2	9	16	23	30	Sa		7	14	21	28		Sa	4	11	18	25	
Su	3	10	17	24		Su	1	8	15	22	29		Su	5	12	19	26	
December 2023					January 2024					February 2024								
M		4	11	18	25	M	1	8	15	22	29	M		5	12	19	26	
Tu		5	12	19	26	Tu	2	9	16	23	30	Tu		6	13	20	27	
W		6	13	20	27	W	3	10	17	24	31	W		7	14	21	28	
Th		7	14	21	28	Th	4	11	18	25		Th	1	8	15	22	29	
F	1	8	15	22	29	F	5	12	19	26		F	2	9	16	23		
Sa	2	9	16	23	30	Sa	6	13	20	27		Sa	3	10	17	24		
Su	3	10	17	24	31	Su	7	14	21	28		Su	4	11	18	25		
March 2024					April 2024					May 2024								
M		4	11	18	25	M	1	8	15	22	29	M		6	13	20	27	
Tu		5	12	19	26	Tu	2	9	16	23	30	Tu		7	14	21	28	
W		6	13	20	27	W	3	10	17	24		W	1	8	15	22	29	
Th		7	14	21	28	Th	4	11	18	25		Th	2	9	16	23	30	
F	1	8	15	22	29	F	5	12	19	26		F	3	10	17	24	31	
Sa	2	9	16	23	30	Sa	6	13	20	27		Sa	4	11	18	25		
Su	3	10	17	24	31	Su	7	14	21	28		Su	5	12	19	26		
June 2024					July 2024					August 2024								
M		3	10	17	24	M	1	8	15	22	29	M		5	12	19	26	
Tu		4	11	18	25	Tu	2	9	16	23	30	Tu		6	13	20	27	
W		5	12	19	26	W	3	10	17	24	31	W		7	14	21	28	
Th		6	13	20	27	Th	4	11	18	25		Th	1	8	15	22	29	
F		7	14	21	28	F	5	12	19	26		F	2	9	16	23	30	
Sa	1	8	15	22	29	Sa	6	13	20	27		Sa	3	10	17	24	31	
Su	2	9	16	23	30	Su	7	14	21	28		Su	4	11	18	25		

Key:

	School Holiday
	Bank Holiday
	Term Time
	Inset Days

Compass Learning Centre INSET Days 2023-24

INSET Day No: 1 – Friday 1 September 2023
 INSET Day No: 2 – Monday 30 October 2023
 INSET Day No: 3 – Monday 19 February 2024
 INSET Day No: 4 – Monday 22 July 2024
 INSET Day No: 5 – Tuesday 23 July 2024

Bank and Public Holidays 2023-24

Christmas Day Bank Holiday
 Boxing Day Bank Holiday
 New Year's Day Holiday
 Good Friday

25 December 2023
 26 December 2023
 01 January 2024
 29 March 2024

Easter Monday
 May Day Bank Holiday
 Spring Bank Holiday
 Summer Bank Holiday

01 April 2024
 06 May 2024
 27 May 2024
 26 August 2024

*Replacement Bank Holiday day when the Bank Holiday falls on a weekend

YEAR 11 EXAMS

Letters have been given to students giving full details of the forthcoming Year 11 exams, together with their individual exams timetable. A further copy has also been sent to parent / carers via Parentmail.

The examinations **start on Monday 15 May 2023**. From 15 May until Friday 26 May students should attend for those exams highlighted on their exam timetable. Lessons will continue during this time but they will be specific revision lessons for exams. Any external provision normally attended on Wednesday 17 May and Wednesday 24 May will continue as normal.

Study leave will start from **Monday 5 June 2023**. From this date students should only attend Compass when they have an exam and arrive no earlier than 15 minutes before the exam start time.

Examination Timetable May - June 2023

Day	Date	Time	Exam Duration	Exam
Monday	15-May	am	1hr 45	Religious Studies
Monday	15-May	pm	1hr 15	BTEC Travel & Tourism Unit 1
Tuesday	16-May	am	1hr 45	Biology Paper 1 AQA & Edexcel
Wednesday	17-May	pm	1hr 15	GCSE PE Paper 1
Thursday	18-May	am	1hr	Functional Skills English Reading
Thursday	18-May	pm	1hr	Functional Skills English Writing
Friday	19-May	am	1hr 30	Maths Paper 1 Edexcel
Monday	22-May	pm	1hr 30	Geography Paper 1
Tuesday	23-May	pm	1hr 45	Religious Studies
Monday	05-Jun	am	1hr 45	English Language Paper 1
Tuesday	06-Jun	am	1hr 30	Btec PE
Wednesday	07-Jun	am	1hr 30	Maths Paper 2 Edexcel
Thursday	08-Jun	am	1hr 15	GCSE PE AQA Paper 2
Thursday	08-Jun			Edexcel Contingency Day
Friday	09-Jun	am	1hr 30	Geography Paper 2
Friday	09-Jun	pm	1hr 45	Biology Paper 2 AQA & Edexcel
Monday	12-Jun	am	1hr 45	English Language Paper 2
Monday	12-Jun	pm	1hr 30	Statistics Paper 1 Edexcel
Wednesday	14-Jun	am	1hr 30	Maths Paper 3 AQA & Edexcel
Thursday	15-Jun			Edexcel Contingency Day
Friday	16-Jun	pm	1hr 15	Geography Paper 3
Monday	19-Jun	pm	1hr 30	Statistics Paper 2 Edexcel
Wednesday	28-Jun			Edexcel & AQA Contingency Day

If you, or your son / daughter, have any questions relating to the exams at any time, please do not hesitate to call us.

Results will be available to collect from school on **Thursday 24 August 2023** between 9.00am and 12.00noon. Students should collect their results in person, and those not collected on the day will be posted home.

YEAR 11 LEAVERS EVENT



Plans are underway for a Year 11 Leavers event which will be taking place at Max Events on **Wednesday 21 June**.

More details to follow!!

Class of
2023

REVISION TIPS

Start early: Getting an early start on your revision is always a good thing. The more time you allow yourself to revise, the more room you'll have to cover each subject without needing to cram. You'll have more time to practice what you need to learn and consolidate it into your memory.

Make a revision timetable: Creating a revision timetable should be your first step. This will allow you to spread out your study time evenly and avoid cramming during the days leading up to your assessments. You can also allocate more time to any subjects you're struggling with.

Set mini goals: Have a few mini goals you'd like to achieve by the end of each day. You can add these in when making your revision timetable. This'll give you an idea of how much revision you need to do and what's coming up. You'll avoid feeling overwhelmed and can break your study down into smaller chunks.

Mix it up: Work out which learning styles work for you. This could be visual, auditory, kinaesthetic or through reading and writing. Once you have a few different revision techniques, mix up which ones you want to use so that revision doesn't become repetitive or dull.

Revise with others: You may benefit from teaching others what you know or testing them on what they know. Not only is this a great way to help your friends but you'll see where there's still holes in your own learning. Having a small study group can also be a great way to come up with unique methods for remembering key ideas.

Practice papers: Use practice papers to familiarise yourself with the format of your assessment and how questions may be structured. Time yourself to avoid getting flustered when sitting the actual assessment, and you'll be able to gauge how much time to roughly spend on each question.

Take breaks: Revision is only effective when split up by breaks. Don't overwork yourself and make sure you're giving your brain some space to breathe. You'll get distracted less and be able to focus for longer. Use these breaks to fit in any exercise or healthy eating, which will only improve the quality of your revision.

Move around: A productive way to spend your study break. The benefits of exercise on revision include increased focus, improved memory and the chance to readdress any hard topics with a fresh mind. A simple walk around the block can be all it takes to improve your quality of learning.

Eat healthy: Choose healthy foods to eat during your study breaks. The quality of what you put in will dictate the quality you put out. Swapping crisps or chocolate for nuts or fruit will leave you feeling less lethargic in the afternoon and with more energy to learn. But do remember balance. You don't have to cut out your favourite treats completely. Moderation is key.

Sleep: These GCSE revision tips won't be effective unless you get sufficient sleep. Prioritise getting 7–9 hours a night. Sleep is a powerful tool for not only committing what you've learnt during the day to long-term memory, but it also improves your cognitive ability to learn again the following day. You'll be better able to concentrate, and feel more motivated, after a good night's rest.

MESSAGE FOR PARENTS AND CARERS

As you will be aware, a 15-year-old girl, Roxy Phillips, died last week in a very tragic accident near Weymouth railway station. Sudden death such as this will often have a significant impact on people, even if they don't know the person who died, and this reaction may be delayed. So, we have spoken to students to talk about the support that would be available to them over the Easter holiday if they needed it.

We talked through these points and gave students the opportunity to discuss their thoughts:

- You may have heard that a young girl died in a tragic accident last week.
- Many of you will have been impacted by the news, whether you knew her or whether you didn't.
- Whatever you feel is ok - feelings of anger, fatigue, fear, worry, stress, sadness, exhaustion, guilt, anxiety, frustration, loneliness, lack of focus etc. are all a normal reaction to grief.
- But it's also ok if you don't feel any of these.
- There is help out there, don't be scared to ask for it.

You may find the following services and information useful to support you during this time:

YoungMinds has lots of information for young people around coping with loss, including tips and advice for expressing grief.

Mosaic is a bereavement service for children and young people in Dorset.

Dorset Youth's Mental Health Hub includes a library of resources on topics including mental health, bereavement, self-harm and drugs and alcohol.

Kooth is an online counselling platform for young people and has a host of resources about mental health including a live chat and forums.

EDAS/REACH offers a free, confidential, judgement-free drug and alcohol service for under 25s in Dorset.

Dorset Open Door offers bereavement support for people affected by a death which may be particularly traumatic or sudden.

Anna Freud Centre

Papyrus – advice and support for young people who may be feeling suicidal, and resources for people who are supporting them.

There are things you can do to look after yourself such as eating well, trying to sleep properly, socialising, exercising and avoiding smoking, drinking or taking drugs.

We talked about a set of five evidence-based principles that we use to help children and young people recover from a critical incident which has five points: safe, calm, connected, control and hope. There is information on this below or watch this short video.

[You vs. Train | British Transport Police](https://www.btp.police.uk/police-forces/british-transport-police/areas/campaigns/you-vs-train/#:~:text=onto%20the%20railway.-,You%20vs.,lines%2C%20unaware%20of%20the%20dangers.) - <https://www.btp.police.uk/police-forces/british-transport-police/areas/campaigns/you-vs-train/#:~:text=onto%20the%20railway.-,You%20vs.,lines%2C%20unaware%20of%20the%20dangers.>

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When talking to your children, you could consider using the Samaritan's 'SHUSH' model of listening tips which stands for Show you care, Have patience, Use open questions, Say it back, Have courage.

The Samaritans 'Shush' model

Show you care – focus on the other person, make eye contact, put away your phone

Have patience – it make take time and several attempts before a person is ready to open up

Use open questions – these are questions that need more than a yes/no answer, for example 'tell me more'

Say it back – to check you've understood, but don't interrupt or offer a solution

Have courage – don't be put off by a negative response and, most importantly, don't fee you have to fill a silence.

The Anna Freud five evidence-based principles

Safe: People will feel safer if they are protected from exposure to further trauma and if basic needs are met. For children and young people in particular, returning to familiar routines and structures, and maximising consistency can really help them to feel safe again.

Calm: After a critical incident, some people may stay on a high state of alert. You will be used to helping young people to regulate their emotions but this can be particularly challenging after a critical incident because different people will respond in different ways (e.g. one might need to run their energy off, another might need to sit quietly and think).

Connected: Some may feel very isolated and alone, they may even actively withdraw from others. And yet connection, relationships and social support can be crucial components that will help them get through critical incidents. You will be particularly well placed to identify those young people and it can be particularly helpful to invest time and energy in enhancing opportunities for connection.

Control: 'Self-efficacy' is the belief that you can exert a positive influence over things that happen around you. This belief may well have been shattered by the critical incident. You can ensure that rather than doing things 'to' or even 'for' young people, families and staff, you can do things 'with' them. Or, even better, help them to do them themselves.

Hope: Without minimising or dismissing people's views about how awful the event may have been, it can be helpful to balance things with something of a positive view about the future. You can provide structure, routines, and predictability through adults who are familiar, trusted and concerned.