

A positive attitude helps to beat exam stress

UNDER PRESSURE?

FROM my own personal experience, there is no pressure on the modern youth from school but that's just me.

I know for a fact that over 50% of people at school are uneasy and worried about an upcoming exam.

I believe there is no need for this as this one exam isn't the pinnacle of your life. I don't see why people worry about the

silly things such as this, it is unnecessary stress on the person which just makes life so much harder.

If you look at these exams negatively it will lower your performance. If you go into these things with the wrong state of mind you might as well not do it at all.

To calm down for an upcoming exam I take a deep breath and think, it isn't the

end of the world; it won't decide the rest of my life. And if I do badly I can retake the exam.

You can do breathing exercises and add a comical twist to the exam. If you do it correctly you can get yourself to look forward to it!

Anxiety over exams is of course a state of mind, and all states of mind can be

overcome with its counterpart if you will.

The opposite to sadness and depression is joy and happiness, the same applies to anxiety.

Everyone's counterpart to their emotions is different, but once you found it you are set for that exam.

Good luck!

• By Jack Kennedy, Nova Hreed



Join in festival

THIS year Commonweal School are involved in the planning and delivery of the Old Town Festival, notably the Family Party On The Lawn on Saturday, June 27.

This event runs from 1.45pm until 5pm and is a celebration of Old Town's cultural diversity and is very much a Community Cohesion event which aims to be open to all.

We are able to offer schools, ethnic groups and individuals the opportunity to showcase their talents on either the Music or Dance stages.

There are no age restrictions, so it doesn't matter if you are four or ninety! We suggest parents accompany children

on the day.

There are also opportunities for transient street theatre slots to mingle amongst the crowds. Or perhaps you fancy being involved in the carnival procession.

There are no boundaries, you can take part in more than one event.

All schools and groups who participate can have a free pitch (normally worth £20) to advertise or fundraise in our Big School Fete area.

So, if you can sing, dance, play an instrument, act or know people that can, give Josie Williams a call on 01793 612727/427860 or email josie@commonweal.co.uk

Services extended

CHURCHFIELDS School is developing its extended services to provide a wide range of activities, often beyond the school day to help meet the needs of its pupils, their families and the wider community.

At Churchfields these services will be delivered in partnership with existing providers, either on the school site or in community venues.

To keep you up to

date with what is available for you in the school we are currently further developing our activities for you to access.

Have a look at our website, www.churchfields.swindon.sch.uk, and please let us know what type of activities you feel you could benefit from.

Or you can contact Mrs M Mercer on 01793 487286 or email mmercerc@churchfields.org

Pre-prep is new

PRIOR Park Preparatory School in Cricklade has announced plans for expansion with the opening of a Pre-Prep Department from September 2009.

The school, to be sited adjacent to the existing Prep School, will be housed in its own self-contained building and walled garden offering a secure and welcoming environment for children in Reception, Year 1 and 2.

Children will also be able to benefit from many specialist teaching areas and sporting facilities available at the main Prep School. Full before and after-school care will be available as will holiday clubs.

Current Headmaster of Prior Park Prep, Gerard Hobern, will also be Headmaster of the Pre-Prep with the support of a specialist early years Head of Pre-Prep who will be appointed shortly.

"We are delighted that we will now be able to offer continuity of education from 4-13 in Cricklade and younger children will be able to benefit from the outstanding levels of education and facilities available at our school."

Registrations are now being accepted and early registration is recommended as places are already filling.

More details from the Registrar on 01793 750275.