

# The Wolfreton Way Newsletter

Issue 14

Welcome to another edition of our newsletter and the first of the summer term. Returning from Easter, our oldest students have a clear focus on the approaching exam season. Whilst we hope the recent parents evening answered questions from families, there is much support in school so please don't hesitate in contacting us if anything is needed. For other year groups, the latest curriculum overviews are provided so you can check what your child is learning in class. Beyond the classroom, the hive of activity continues. From the ski trip, to the fells and sports pitches, we have started the term in earnest. For those who have watched the recent TV drama series *Adolescence*, we share more information too. Have a lovely bank holiday weekend.



This Easter, we were thrilled to see the return of our much-loved school ski trip! A group of 47 students from Years 10 and 12 travelled to the beautiful resort of Sestriere, Italy, for a week filled with snow, slopes, and unforgettable memories.

For many, it was their very first time on skis, and the early days were spent mastering the basics. Thanks to their determination, teamwork, and positive spirit, the students made remarkable progress and were confidently skiing down the slopes by the end of the week.

The great instruction provided and students resilience enabled our skiers to progress quickly—by the end of the week, many were confidently skiing blue, red, and even black runs. Our more experienced skiers, led by an instructor who had competed with the Italian ski team, made the most of the mountain, covering miles of pistes and honing their skills.

Evenings were just as memorable, with a variety of après-ski activities including games nights, cinema evenings, and a lively karaoke session that

brought everyone together. The trip was a fantastic experience for students and staff alike, filled with laughter, learning, and lifelong memories.

Thank you to our students for their exceptional attitudes, to our families for their support, to Mrs Garnier who led the trip and to Mr Hemsley, Mrs Vitta, Mr Addy, Mrs Van den Bron and Miss Hull for accompanying it. We're already looking forward to the next adventure in 2026!

## An unforgettable trip to Sestriere



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# The Wolfreton Way Newsletter





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## Celebrating Success

**A huge congratulations to an incredible team of seven scouts (all Wolfreton students) who not only took on the legendary Fells Marathon—but came out victorious! This demanding two-day competition covers 20 miles across the rugged Yorkshire Moors and challenges participants on navigation, endurance, and teamwork.**

Starting early Saturday morning, the scouts hiked 12 tough miles while carrying all their own gear, including tents, stoves, food, and survival equipment. After setting up camp and spending the night out on the moors, they were up and moving again on Sunday to complete the final 8 miles. Just finishing this challenge is a massive achievement in itself—but this group went even further.

### **They won!**

This is the first time ever that a team from Kirkella Scouts have taken the top spot at The Fells Marathon—a truly historic moment for the group!

We are incredibly proud of their grit, determination, and outstanding teamwork. What a way to represent Kirkella Scouts! Well done to them all.

# The Wolfreton Way Newsletter

## Congratulations 7PWO

A big well done to tutor group 7PWO, who have displayed exemplary attitude.

Mrs Bates and Mrs Reed reported their focus, teamwork, and positive attitude really paid off, and we couldn't be prouder.

To celebrate, we enjoyed some well-deserved fruit cordial and biscuits — a sweet reward for a job well done!

The challenge is on...Who will be next to rise to the occasion? Keep up the great work, everyone!



## Canon Reading Recommendation

**You Are Awesome by Matthew Syed**

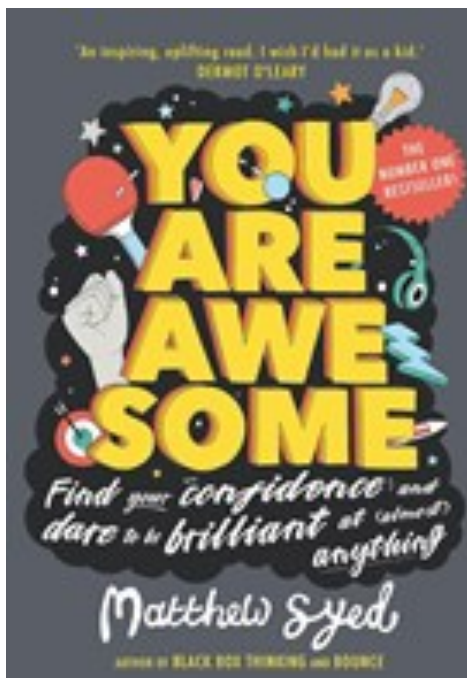
**This positive and empowering guide will students build resilience, fulfil their potential and become successful, happy, 'awesome' adults.**

'I'm no good at sport' ... 'I can't do maths' ... 'I really struggle with exams' ... Does any of this sound familiar?

If you believe you *can't* do something, the chances are you won't try. But what if you really *could* get better at maths, or sport or exams? In fact, what if you could excel at anything you put your mind to?

*You Are Awesome* can help you do just that, inspiring and empowering young readers to find the confidence to realise their potential. The first children's book from *Times* journalist, two-time Olympian and best-selling mindset author Matthew Syed, uses examples of successful people from Mozart to Serena Williams to demonstrate that success really is earned rather than given, and that talent can be acquired. With hard work and determination, practice and self-belief, and, most importantly, a Growth Mindset, there's no reason why anyone can't achieve anything.

Practical, insightful and positive, this is the book to help children build resilience, embrace their mistakes and grow into successful, happy adults.





# The Wolfreton Way Newsletter

## Attendance Matters at Wolfreton

**Did you know that regular school attendance is closely linked to future earnings?**

According to the latest government findings, students with strong attendance are more likely to succeed academically and earn more over their lifetime. Consistency in school builds habits that lead to long-term achievement.

We're proud to share that our school's attendance continues to improve, thanks to the ongoing commitment of our students, families, and staff. Every day in school counts – and our growing attendance rates reflect a shared dedication to success.

Let's keep up the momentum! Together, we're setting the foundation for brighter futures.



# The Wolfreton Way Newsletter

## Yorkshire Golf Finals



On Monday, 28 April, our boys' golf team - Tom, Zachary and Callum competed in the Yorkshire Golf Finals, having previously secured victory in the North Yorkshire qualifiers with an outstanding performance.

Facing a highly competitive field, the team rose to the occasion and delivered an excellent combined score of 68 points. Their determination, sportsmanship, and skill were clear to see throughout the day. The boys were a credit to themselves and the school — we are incredibly proud of their efforts and achievements. Well done!

## Year 7 Netball Tournament

Ten teams entered this year's netball tournament, split into two competitive leagues.

The top two teams from each league would progress to the semi-finals and, ultimately, the final. Miss Garnier reported that after a series of exciting and hard-fought matches, our team finished joint second in our league alongside Goole, which meant a play-off game was needed to decide who would move forward.

Despite an incredible effort, we narrowly missed out on victory in the play-off. However, our girls played their hearts out with determination, teamwork, and an unshakable desire to win. They conducted themselves with integrity and sportsmanship throughout, proudly representing our school. We couldn't be prouder of their performance and spirit—true ambassadors both on and off the court.



Player of the match went to Evie.



# The Wolfreton Way Newsletter

## Curriculum Corner

### What is your child learning this term?

At Wolfreton, the purpose of our curriculum is rooted in our mission statement and core values. It has been designed to enable each student to achieve and fulfill their potential, and to prepare them to achieve success in the future and in their lives beyond school.

We believe in keeping parents and carers well-informed about what their child is learning as they make their journey through our ambitious, broad and balanced curriculum. By sharing this information, we hope to provide the opportunity for you to discuss the topics with your child.

### Curriculum Briefings

This year, we have been publishing half-termly 'Curriculum Briefings' to ensure parents receive the most up to date summaries of each subject's content for their child's year group.

Please click the links below to read the Curriculum Briefings for Summer Term I.

[Y7 Curriculum Briefing Summer I](#)

[Y8 Curriculum Briefing Summer I](#)

[Y9 Curriculum Briefing Summer I](#)

[Y10 Curriculum Briefing Summer I](#)

Previous Curriculum Briefings can be found [here](#)

### Where to find out more

Further details about the curriculum in each subject area can be found on the school website:

[Wolfreton Subject Curriculums](#)

Year 7	
What are students learning during Summer Term I?	
<b>English</b>	Dystopia - In-depth study of dystopian novel 'The Giver'. Describing features of a dystopian world, explaining inferences with a focus on powerful words and methods.
<b>Maths</b>	Lines and Angles; Sequences and Graphs; Transformations - Solving problems using angles, including quadrilaterals; patterns and rules, plotting and drawing graphs; congruent shapes, enlargement and coordinate grids.
<b>Science</b>	1. Reproduction (Biology) - Pollination, human fertilisation, the menstrual cycle and birth 2. Inheritance, evolution and variation (Chemistry) - Variation and DNA structure, natural selection, selective breeding. 3. Forces (Physics) - Push and pull, friction, air resistance, speed, distance and time.
<b>History</b>	The Wars of the Roses and the Tudor Takeover- Causes of the Wars of the Roses, dynastic struggles between the Houses of York and Lancaster, the mystery of the Princes in the Tower, King Henry VII.
<b>Geography</b>	Asia - The physical geography of Asia, India monsoon, tourism in China and Thailand, Hong Kong homes, hazardous environments in Indonesia, fashion in Asia, technology in Japan.
<b>Religious Studies</b>	Is the Earth a sacred place? - Human and earth connections, what different religions say about the value of the earth, stewardship in Christianity and Judaism, the River Ganges as a sacred place.
<b>French</b>	3.2.1 Partez! - Talking about my holidays, getting ready to go out, buying drinks and snacks. Talking about holiday plans, saying what I would like to do.
<b>Spanish</b>	Mi Ciudad (My City) - Describing your town or village, telling the time, using the verb ir (to go), ordering in a café, using the verb querer (to want), saying what you are going to do at the weekend.

# The Wolfreton Way Newsletter

## Understanding Incel Culture: A Guide for Parents

### What is Incel Culture?

The term "incel" stands for "involuntary celibate" and refers to an online subculture where predominantly young men express frustration over their lack of romantic or sexual relationships. Over time, some within this group have developed misogynistic beliefs, blaming women for their situation and, in extreme cases, endorsing violence.

### Why Should Parents Be Concerned?

Incel ideology can influence teenagers, especially boys who feel isolated or rejected. The Netflix drama *Adolescence* highlights how online communities can radicalize youth, leading to harmful behaviours.






### Signs to Watch For

- **Social Withdrawal:** Sudden isolation from friends and family.
- **Language Changes:** Use of terms like "red pill," "Chad," "Stacy," or "AWALT" (All Women Are Like That).
- **Online Activity:** Engagement with forums or groups promoting misogynistic views.
- **Behavioral Shifts:** Increased anger, especially towards women or discussions about gender roles.
- **Academic Decline:** Drop in school performance or loss of interest in activities.
- **Emotional Distress:** Expressions of hopelessness or discussions about "blackpill" ideology, which suggests a belief in a predetermined, unchangeable fate.

### Emoji Guide: Recognising Hidden Meanings

Some emojis are used within incel communities to convey specific messages:

Emoji Meaning:

- |   |  |
|---|--|
|  | "Red pill" – awakening to perceived societal truths about gender dynamics. |
|  | "Blue pill" – remaining ignorant of these "truths."                        |
|  | "Belief that 80% of women desire 20% of men."                              |
|  | "Exploding red pill" – breaking free from societal norms.                  |
|  | "Kidney bean" – used in memes mocking women.                               |

Understanding these symbols can help parents identify potential exposure to harmful ideologies.

### Supporting Your Teen

- **Open Dialogue:** Encourage honest conversations about online experiences and feelings.
- **Educate Together:** Learn about online communities and discuss their content critically.
- **Monitor Online Activity:** Be aware of the websites and forums your teen visits.
- **Seek Support:** If concerned, consult with school counsellors or mental health professionals.

Remember, the goal is to support and guide your teen, fostering resilience against harmful online influences.



## Sixth Form Filming

**We were thrilled to welcome Nova Studios into our Sixth Form recently to create a video that captured the essence of our The Consortium Sixth Form. The team spent a busy morning filming our incredible Year 12 and Year 13 students - we are really pleased with the outcome!**

Filming involved students from both the Wolfreton and Hessle campuses, and showcased the vibrant, supportive, and ambitious environment that defines both college campuses. From shots of students in action, to interviews and voice overs, we believe it has captured a lot of what makes our Sixth Form a fantastic place to learn, continue to grow and of course, complete Level 3 studies.

Several students and staff members lent their voices to the project highlighting the many opportunities, academic support, and strong sense of community that is valued so strongly by existing students. Their insights help tell the story of what life is really like here—and why so many continue to choose to join us for this important stage of their education and lives.

We are all incredibly proud of the video. Do watch it yourself and we look forward to welcoming all of our Year 11s and those external applicants who have already received offers for next year. To find out more, do contact the Sixth Form Team on site at Wolfreton.

[The Consortium Sixth Form College – Watch Our Sixth Form Video Here!](#)



THE CONSORTIUM  
SIXTH FORM COLLEGE

WOLFRETON CAMPUS

## House Points

Rewards earned by each House since the start of the year:



**243,959**



**259,234**



**246,373**



**258,959**



**254,248**

**Total House  
Points  
1,262,773**



# The Wolfreton Way Newsletter

## Notices

### Change of Catering Contractor for 2025-26

From September, we will be moving to a new catering service provider. The new provider is Caterlink and they already work in a number of local schools. Further communications will be posted via Arbor as the academic year draws to a close but for the rest of Term 3 we would request that parents /carers check their balances on Arbor and only add funds sufficient for the rest of the term.

### Reminder from the Library

Any items purchased via Arbor such as revision guides/ties/planners etc. can be collected from the Library at 3.00pm the following day.

### Arbor Consents

Please can parents/carers be reminded to update any pending consents displayed on their Arbor account when logging in.

## Key dates

**Monday 5 May ...Bank Holiday**

**Friday 23 May ...School Closes for Half Term**

**Monday 2 June ...School Reopens**

### Have your contact details changed?

If you have changed any contact details such as home address, mobile number, email etc. these must be updated on the Arbor Parent Portal so we can ensure our system is up to date and can remain in contact with you.

# The Wolfreton Way Newsletter

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators EXAM-DAY READINESS

The lead-up to exams can be an emotionally challenging time. As the date approaches, nerves can become harder to manage. From nutrition to emotional support, this guide offers 10 practical strategies to reduce stress and enhance performance. Whether at home or in school, these tips encourage focus, resilience, and wellbeing – giving every student the best opportunity to approach exam day with clarity and self-belief.

### 1 FUEL THE BRAIN

Encourage students to eat a balanced breakfast and hydrate before exams. The brain is around 80% water, so even mild dehydration can reduce memory and concentration. Provide water, cereal bars, or fruit on exam day – especially helpful if anxiety affects appetite. A little fuel can go a long way towards better performance.

### 2 PROMOTE POSITIVE SELF-TALK

Support young people to challenge negative thoughts. Help them replace "I'm going to fail" with "I've worked hard; I can do this". Positive affirmations boost confidence and reduce anxiety. Practise these together at home or in school settings.

### 3 PRACTISE RELAXATION TECHNIQUES

Encourage daily use of calming techniques, such as diaphragmatic breathing, guided muscle relaxation, or mindfulness. These techniques help regulate stress responses. Consider running short morning sessions before exams, or practising together at home to promote calm focus.

### 4 CREATE FAMILIAR COMFORT

Ensure a supportive adult is visible and available before exams. The calm presence of a parent or teacher can offer a sense of safety. Schools can provide 'calm zones'; parents can support with consistent routines and reassuring conversation.

### 5 ENCOURAGE VERBAL EXPRESSION

Invite students to talk about their exam worries. Whether it's a quick check-in with a teacher or chat with a parent, open conversations reduce emotional pressure. Active listening is often more powerful than immediate problem solving.

### 6 ORGANISE EXAM-DAY LOGISTICS

Prepare exam-day essentials in advance. Schools can coordinate staff to greet students and manage pre-exam spaces. Parents can prepare clothes, equipment and transport the night before to prevent stress.

### 7 BUILD A COPING TOOLKIT

Teach students simple 'in-the-moment' coping strategies. These include calm breathing, focusing on what they can control, and using grounding techniques. Practise these together so they become easy to recall under pressure.

### 8 EMBRACE A BALANCED ROUTINE

Reinforce healthy routines: regular sleep, nutritious meals, movement and time to unwind. Families and schools can support students by encouraging outdoor time, screen breaks and restful evenings before exams.

### 9 NORMALISE EXAM NERVES

Let students know that feeling anxious is normal and doesn't mean they're unprepared. Reassure them that a certain level of stress is natural – and can actually improve focus and performance when managed well. A calm, understanding tone – at home and at school – helps build confidence and resilience.

### 10 KEEP SPACES CALM

Reduce pressure in exam-day environments. Whether in the school common room or family kitchen, avoid last-minute cramming. Instead, use soft lighting, gentle music, and quiet time to support a composed mindset.

### Meet Our Expert

Stefan Fusenich is a teacher educator and DfE subject learning coach (advanced practitioner). Stefan has extensive management and teaching experience across various posts in education, and is a qualified lecturer with Qualified Teacher Learning and Skills status.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/exam-day-readiness>

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# The Wolfreton Way Newsletter

*Games night*  
*including*

**BINGO**

Students\*, family, friends and colleagues are invited to an evening of thrilling games and unforgettable memories.

**£5 PER PERSON ENTRY**

ENTRY FEE ALLOWS ACCESS TO ALL GAMES  
**REFRESHMENTS FOR SALE**

**CASH ONLY**

**MONDAY**

**5PM-6PM**

**12  
MAY**

*\*consent on Arbor required.*

**Peru Fundraiser**

