

## GCSE EXAMINATIONS START ON MONDAY 14 MAY

TIMETABLES ARE AVAILABLE ON THE SCHOOL WEBSITE UNDER [PARENT INFORMATION>EXAMS](#)



I wish 11AK the best of luck for their upcoming examinations. I have witnessed them on their journey for the last 5 years and I know they are nervous but want to do well. My best advice is to believe in their own capabilities, don't compare themselves to others and do the very best they can. "Failure will never overtake me if my determination to succeed is strong enough". – Miss Kelly 11AK

We started our journey 5 years ago – you have come so far. Good luck in the upcoming weeks and prepare fully for your examinations. Remember, you have now completed all of the hard work and the finishing line is within sight. It's fine to make mistakes as long as you learn from them and the only impossible journey, is the one you never begin. – Mr Read 11AE

Good luck in your examinations. You have studied hard for this moment. If you just keep on persevering with your revision – you will succeed. Keep revising, stay positive, ask for help if you need it and most importantly, try your hardest. – Mr Elliff 11AS

It's been amazing having a wonderful, caring tutor group for 5 years. Listen to your teachers for advice on revision, but more importantly, think about *why* they told you to do something. Good luck and well done to everyone who sat the Art examination. The work was amazing and I am so proud! – Mrs Lister 11BK

Good luck to all 11BE students and remember, 'It always seems impossible until it's done!' – Mrs Threadgold/Mrs Turner 11BE

You have worked hard and now it's time to show us what you can do. Remember it's not too late and you still have time to make a difference to your grades. Make yourself proud. "Nothing is impossible, the word itself says, I'm possible!" Good luck. – Mrs Dougherty 11BS

Good luck 11CE. We haven't been together long, but since last September, I've seen you mature and become more motivated and focused about your GCSEs. You probably don't realise how lucky you are at KES, where you are supported so much in examination preparation, so, in these final weeks, cash in on this! Continue to ask your teachers if there is anything you are not sure about – we are here to help until the very end. Be confident – you can do this. – Mrs Harvey 11CE



Good luck with all your exams and don't let anything hold you back from success! Believe in yourselves, you are capable of more than you think. – Mr Fynes/Mrs Ticehurst 11CS

PiXL is an organisation which shares best practice to raise standards in schools and to prepare students minds and bodies for examinations. PiXL have worked with athletes and chefs to produce a range of snack and meal recipes to boost brain activity and mood, and enhance energy and concentration.

Our Year 10 Hospitality students have prepared and served the following recipes at a recent Parent's Evening. To find more recipes, please visit the GCSE section of the school website: [www.kes.essex.sch.uk](http://www.kes.essex.sch.uk)

### Smoothies

Place ingredients in a liquidiser or push through a sieve and serve in a glass.

**Brain Booster** – Spinach, Banana, Blueberries and Orange juice

**Tropical Refresh** – Pineapple, Mango, Mixed berries and Orange juice

**Wake me Up** – Natural yogurt, Blueberries, Strawberries and Oats



### Honey, Fruit and Nut Granola Bars

*100g butter, 200g porridge oats, 50g mixed nuts, 50g bag mixed dried fruit, 85ml runny honey*

Preheat oven to 160c. Melt butter on a low heat and add the honey, stirring all the time. Turn off the heat and add the oats. Stir, and add the nuts and dried fruit. Pour into individual trays and bake for 10-15 minutes until golden.

### Coconut Chia Pot and Fruit Compote

45g chia seeds

150ml coconut milk

Mixed berries

Desiccated coconut

Soak the chia seeds in the coconut milk for 20 minutes. Arrange the fruit into the bottom of a glass. Add a layer of the milk and seed mix and top with some desiccated coconut and leave in the fridge.



### Tuna and Tomato Bruschetta Bites

*2 Ciabatta rolls, tin tuna, 2 garlic cloves, 3 tomatoes, 1 red onion, olive oil*

Cut the rolls in half and lightly toast. Cut each half into 6 equal pieces. Cut 1 tomato in half and rub over each piece of toast. Dice the remaining tomatoes and onion. Crush the garlic and in a bowl, mix in the tuna and a little oil and season to taste. Add the tomatoes, onions and garlic.

Divide the mixture between the toast pieces and spread.



# Final Words

## Leavers Hoodies



Leavers hoodies are available to order directly from the website of the School Leavers Company. The closing date for orders is 21 May 2018. Orders will be delivered to the school and can be collected on 'Book-back day' on 25 June.

[www.schoolleaverscompany.co.uk/shops/SL41925](http://www.schoolleaverscompany.co.uk/shops/SL41925)

## Book-back day

Book-back day is Monday 25 June, 9.30am-12pm.

Students should return any school books they have in their possession and they can also collect their Prom tickets, hoodies and Yearbooks.

## School Prom

The Prom this year is on Friday 29 June at 6.30pm. It is being held in the KES school hall with tickets available on the School Gateway at £15 per ticket.

## Yearbooks

Yearbooks can be purchased at a cost of £3.50, via the School Gateway. The deadline for placing an order is Friday 15 June.

I wish all the Year group every success in their upcoming examinations.

As we move to the examination period, I urge students to use their time in school effectively, revising as much as possible at home with adequate rest breaks for 'down time'.

They will reap the rewards of all their hard work when they receive their results, and can embark on the next stage of their education or chosen career paths. **Mrs Evison - Head of Year 11**

