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News Weekly

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West London Academy's weekly newsletter, Informing Parents, Students and the Local Community of Academy events



A new beginning

One of our Senior Student Leaders Efstathios Stivaros explains how it felt at the end of Year 11

“TO be honest, it's not as simple as the end of Year 11. There are lots of 'last days' - I had my last English lesson and my last Maths lesson just as much as I had my last exam. As I said goodbye to those teachers it stung a bit but it never really sunk in, the first time it really sunk in was my first week of exams which ended in prom.

Prom was a brilliant night, we all said our first rounds of goodbyes to each other and started to look to the exams a bit more. It's weird because you have the high of a brilliant night but the sad side of knowing that you'll never have that moment again. The next big event after prom was the last two days of my WLA school days, the day where we signed each others shirts and leavers' assembly. I really enjoyed the day where we signed shirts because everyone was united and happy for the memories we had - there was even a couple of after school events.

Leavers' assembly was different because it was much sadder. It was the last time we saw ourselves as a proper year group and quite a few tears were shed. Again I spent the day with friends and we all kept each other in good spirits, although it wasn't quite as happy as the others. It only really truly hit home the day after leavers' assembly when I knew it was all over, I only had exams to 'look forward' to.

Over the next few weeks I completed my exams, the last exam was especially sad. That really was the end of Year 11 and the next time I'd see everyone was during results day. Luckily, I went on a long holiday and took my mind off things, which I'd recommend. The funniest thing is that despite all the goodbyes, by the end of the final exam I knew who I'd maintain contact with and to this day I've kept all my mates from year 11 - it's not hard at all.

When I went in to results day the main thing on my mind was my GCSE results. Once I got those I enjoyed the rest of the day which really was my last with my old year mates. Results day is mainly a happy occasion (depending on how well you do!) and a lot of us stayed for a few hours to say goodbye to our teachers as well as everyone else. The final thing after that is the real world, which is extremely different to high school.

I look back at all those days with a mixture of happiness and sadness. Happy because of how special they were but sad because things aren't the same anymore. Whether change is good or bad things have to change at some time and I'm happier now for the new responsibilities that come with Sixth Form, just like some of my friends are much happier with their apprenticeships and others with college.”

My Top Tips for Revision:

- Don't kill yourself. Exams are more than stressful enough without you having to work 24/7. Plan your breaks as rewards, use this time to... *gasp*... play games and enjoy life (but make sure you have earned the break first).
- Split Revision Up. Just because there's 24 hours in a day doesn't mean you have 24 hours of revision time. Do a couple of hours in the mornings (at weekends or the holidays) and a couple in the evenings (every day). If you meet your target reward yourself with some chill time.
- Revise everything. Even if you think you know everything in a subject, give it some revision time. You never know which small details you'll pick up on when you go over it again. If you "know" everything in a subject and get less than 100% you'll look like a fool, everyone can improve - even the teachers.
- Don't go it alone. Revising with mates is good because they're the people you respect the most. Set aside a day to revise with mates, you'll find that each of you know different things better than each other. Talk to each other and teach each other, just make sure you actually revise when you're together.
- Do it your own way. Just because your teachers tell you that they remembered something by revising something "this way" or "that way" doesn't make it right or wrong - make sure you do what's best for you. If your teachers' way isn't working, try a way that you think might work. If it does, stick to it; if it doesn't, try a different way.
- Live. Get your usual hours of sleep, eat normally and drink normally. Skimping on sleep to revise just makes you tired and if you don't eat or drink normally you're seriously messing with yourself. How many people in the movies go into the exams completely tense and end up choking in the exam hall?
- Structure everything. Probably the most important tip I can give you. Tell yourself in advance what you're revising, when you're doing it and how long you're going to do it for. Don't suddenly remember that you need to revise with a week to go.

Important reminder notice about House Specialisms Day

Thursday 18th June 2009

The House Day letter reply slip must only be returned to your child's tutor in Learning Power on Friday 15th May 2009. Please remind your child not to return the letter any other time.

Unfortunately, if your child does not return their reply slip and/or money on this day, they will not be able to attend the Perivale Sports Day activities, if your child has requested this location. This is because confirmation of coach transport and insurance will all be finalised on this date.

In addition this year when your child returns their consent form and /or money they will be given a sticker receipt for their planner so you can also check we have received the reply slip.

We would be very grateful if you could remind your child that this receipt must keep this very safe and remind your child that they are unable to swap their location after this is issued.

If you would like your child to purchase a House T-shirt (£3) this year, please remind them to place their order during the week of 18th -22nd May at lunchtimes at the Academy Uniform Shop.

Thank you for your support.

Congratulations Year 7!

The humanities department would like to congratulate all those Year 7s who participated in the enterprising Castle building competition. It was really hard to judge as the skill used to make these castles were fantastic. Miss Scarr and Mrs Burtenshaw will be coming around with certificates and prizes for the winners. Well done to everyone. Look out for the next competition!

Year 7 Savings Competition
MyBnk



Portacabin 4
Thursday Lunchtimes

Prizes Can Be Won!
House Points Can Be Won!

Attendance League Tables

Premier League



PERCENTAGES BASED ON ATT. BETWEEN 1/2/08 TO 2/2/09

Position	House Points Total	Form	Percentage %
1	404	7L1	96.5
2	397	8A1	96.3
3	350	10A2	95.7
4	398	7W1	95.6
5	384	7A2	95.6
6	300	7A1 promoted	95.5
7	302	8L2 promoted	95.3
8	341	10A1	95.2
9	337	7L2	94.9
10	315	10W1	94.6

Championship



PERCENTAGES BASED ON ATT. BETWEEN 1/2/08 TO 2/2/09

Position	House Points	Form	Percentage %
1	287	10W2 Relegated	95.4
2	273	9A1 Relegated	94.7
3	244	11A1	94.5
4	208	8L1	94.5
5	204	7W2	94.5
6	219	8W1	94.1
7	172	8W2	93.8
8	140	10L2 Promoted	93.7
9	158	9L1 Promoted	93.7
10	177	11W1	93.2

League 1



PERCENTAGES BASED ON ATT. BETWEEN 1/2/08 TO 2/2/09

Position	House Points	Form	Percentage %
1	77	9A2	93.6
2	83	11L1	93.2
3	70	10L1	93.1
4	184	8A2 Relegated	92.9
5	50	11W2	92.8
6	151	11A2 Relegated	92.7
7	85	11L2	92.3
8	97	9W2	92.0
9	61	9W1	91.4
10	14	9L2	90.3



swim
free
60 & over
16 & under

swim
4 life

1. Acton Swimming Baths
Salisbury Street, Acton, London W3 8NW
Tel: 020 8992 8877
2. Dormers Wells Leisure Centre
Dormers Wells Lane, Southall, London UB1 3HX
Tel: 020 8571 7207
3. Gurnell Leisure Centre
Ruislip Road East, Ealing, London W13 0AL
Tel: 020 8998 3241



Working in Partnership



West London Academy offers parents/carers the ability to use the internet to make payments to the Academy. Using a highly secure website, www.parentpay.com, with a unique user ID and password, parents/carers are able to pay for school meals (cashless system), uniform, trips, music lessons, revision books, and lots more using your credit and debit cards. This is a free service to parents and there are no additional charges for paying on the internet.

If you have any queries please contact the Academy Finance Office or log-on to www.westlondonacademy.co.uk/ParentPay

