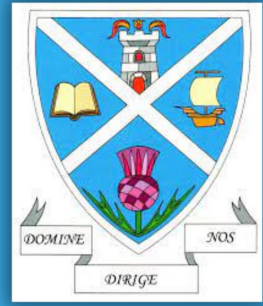


RIGHTS RESPECTING SCHOOL

The Official Newsletter of the Rights Respecting Committee at St Andrew's High School

JANUARY 2022



How to Cope with Exam Stress

This month, we see our Senior pupils sit their prelims. This can be a very stressful time for some, having to balance their studies along with their social life and dealing with stress. Feeling worried about exams is normal however you need to be careful that this stress is not taking over your life. This could impact your motivation and ability to focus. This month's issue focuses on revision tips and reminders on how to ensure you are able to cope with any anxiety or worry over this stressful time including exam time in April and May.

Everyone in the RRS Committee wishes all our pupils the best of luck during this time!



Welcome!

Welcome back to our RRS newsletter! This newsletter is written by members of our school community from S1 through to S6. If you wish to join please speak with Miss McQuade in Social Subjects or Mr Paton in Tech. This month is based on how to cope with prelim and assessments. Assessments are a normal part of our school life and the strategies within this issue should help you cope with any of the stress that comes along with this. Enjoy!

Past Paper Questions

The SQA website gives you access to past paper questions for all subjects. Use these as practice for your studies! Marking instructions are also added and this can help you understand why you lost marks in a practice and how to improve in future. This service is **free!**
<https://www.sqa.org.uk/pastpapers/findpastpaper.htm>

Tips for Prelim and Exam Revision



- **Plan your time wisely**
 - Plan how you will study using a timetable after school. Set aside time for dinner and rest along with any clubs you attend after school and plan around that. This will help organise you time
- **Take breaks!**
 - There is no point studying constantly for hours on end. You need to give yourself breaks. You will be able to focus more. Take a short walk, go on your phone, listen to music. Taking regular breaks are very, very important.
- **Use different revision strategies**
 - If you keep doing the same thing to revise then you might bore yourself so much that you completely switch off. Use mindmaps, flashcards, past papers, online notes. Variation is good!



Holocaust Memorial Day 2022

- Holocaust Memorial Day is the day for everyone to remember the millions of people murdered in the Holocaust, under Nazi Persecution, and in the genocides which followed in Cambodia, Rwanda, Bosnia, and Darfur.
- Between 1941 and 1945, six million Jewish men, women and children were murdered by the Nazis and their collaborators. Their attempt to murder all the Jews in Europe, shook the foundations of civilisation.
- 27 January marks the anniversary of the liberation of Auschwitz-Birkenau, the largest Nazi death camp.
- The Holocaust Memorial Day website has a range of amazing resources where you can read the testimonies of survivors and learn more about the amazing stories of courage that people shown under great persecution. <https://www.hmd.org.uk/>

"Those who do not learn from history are doomed to repeat it"



World News!

- Prime Minister Boris Johnson still faces pressure to resign after alleged parties in 10 Downing Street during strict lockdowns in 2020. Johnson becomes only the second Prime Minister in a century to now face a police investigation!
- Tensions continue to grow on the Ukraine and Russia border. Russia deny any plans to invade yet NATO, USA and the UK have expressed concerns.
- What's happening to Spotify? Many artists are asking to have their music removed from the streaming platform as the Joe Rogan podcast, also streamed on Spotify, has allegedly been passing on misinformation about Covid vaccinations
- New Zealand's border control has been heavily criticised after a pregnant journalist working in Afghanistan wanted to return to NZ to give birth but had to turn to the Taliban for help as NZ's covid rules are so strict!



Article 19

Protection from Violence

Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and bad treatment by their parents or anyone else who looks after them

The Rights Respecting Committee has a number of different groups available allowing everyone to get involved and learn more about their own individual rights. There are different groups such as Sports, Charity, Design, Mental Health, Newsletter, Pupil Parliament and many more.

If you wish to speak to someone about worries and issues then there is plenty of help out there, including:
Young Minds - 0808 802 55 44 Relate - www.Relate.org.uk
Scottish Association for Mental Health - 0344 800 05 50