

8th October 2026



Year 11 Well-Being Extra Curricular

Dear Parents and Carers,

Barr Beacon School
www.barrbeaconschool.co.uk

As our Year 11 pupils approach their mock examinations, we recognise that this can be a particularly demanding and stressful time. With Period 6 sessions coming to an end, we would like to encourage pupils to get involved in some of the extra-curricular activities available in school. The attached timetable will run until the end of the Autumn term. Please note that the yellow highlighted sessions on Friday are additional taster sessions for 16th October only, to give Year 11 pupils an opportunity to sample these clubs in a smaller environment before deciding whether to join the main sessions the following week. Each attendance to an extra-curricular session will be awarded with a praise point and an On the Bus point.

While revision and independent study remain important, we also know that stepping away from schoolwork is an important part of maintaining wellbeing and supporting their mental health. Taking regular breaks and engaging in activities they enjoy can help pupils to return to their studies feeling refreshed and more focused.

Extra-curricular activities can offer Year 11 pupils the opportunity to:

- Reduce stress and anxiety by taking their minds away from examinations and revision.
- Improve concentration and motivation by giving their brains time to rest and recharge.
- Support physical and mental wellbeing through exercise, creativity, social interaction and activities they enjoy.
- Spend positive time with friends and maintain social connections, which can be particularly valuable during the pressure of exam season.

We would therefore encourage pupils to explore the range of extra-curricular opportunities available to them, from sports, to craft, to STEM there is something for everyone to enjoy. We hope that parents and carers will support us in encouraging Year 11 pupils to look after themselves during this important period. Finding time to switch off, be active, socialise and enjoy activities they value is not time wasted—it is an important part of preparing themselves to perform at their best.

Thank you for your continued support in helping our Year 11 pupils navigate this demanding but important stage of their education.

Yours sincerely

Mrs K Hibbs
Headteacher

