

High Flyer Newsletter

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From Emmanuel's Desk

Recess to Reset - Part 1

The ending of a school year ushers in the holiday season, so may I say well done to everyone, having worked very hard in this academic session that we are bidding goodbye to. Anticipation is high for the exciting period ahead, a time of fun and entertainment that everyone is looking forward to. Still, it is important not to completely let go and be carried away by the wave of enjoyment.

The following 6Rs which I will be sharing over the next two editions are my thoughts on how to navigate this period for maximum balanced benefits:

1. Relax – rest and relaxation make for rejuvenation. This is very much needed after a long term of intense study and various academic activities; it is now time to calm down, wind down, relax and rest.
2. Refresh – Engage yourself with refreshing activities, something different from academics – recreational activities, sightseeing, nature walks, to mention a few, to get some “fresh air”. Purposeful entertainment that can stimulate our minds can be very beneficial, I would call this ‘Edutainment’

Happy Recess + ‘Edutainment’



I did it! So can you!

Motivational Moments

“Sometimes the best solution is to rest, relax and recharge. It's hard to be your best on empty”

- Sam Glenn

Here are some more reflections from our past student Ufedo:

What was your approach to studying multiple subjects?

My approach to studying multiple subjects involved creating a structured study schedule and prioritising the subjects I struggled with the most. I allocated specific time slots for each subject and focused on practice questions and past papers as I found that really helpful in retaining information, and practice does make perfect.

What did you do to manage exam stress?

To manage exam stress, I employed various strategies such as relaxing and doing activities that I enjoy, seeking support from friends, family, or mentors, and taking lots of breaks, especially when things got overwhelming.

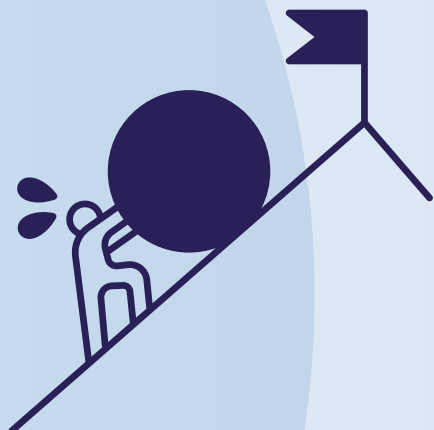
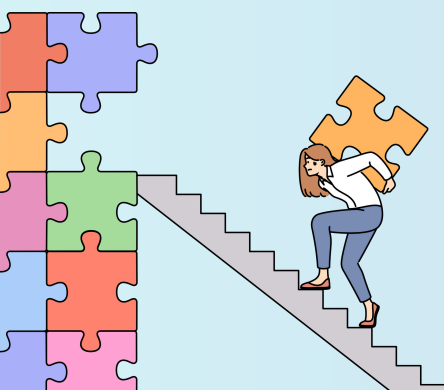
How did you balance your studies with extra-curricular activities or personal interests?

Balancing my studies with extracurricular activities or personal interests required effective time management which was not easy at the beginning. I prioritized my academic commitments but also made sure to allocate time for activities that I enjoyed, whether it was hobbies, or spending time with friends and family. This is because, these activities help in clearing my mind and are essential in making sure that I don't get burnt out or feel overwhelmed.

However, setting boundaries and being disciplined with my time helped me maintain a healthy balance so I was able to do the things I enjoyed while prioritising my studies.

What is the most valuable lesson you've learnt whilst studying?

The most valuable lesson I've learned while studying is the importance of resilience and perseverance. Having faced setbacks and initial failures especially during my A levels, I realised that with dedication and hard work, I could overcome challenges and achieve my goals.



Challenge • Motivate • Achieve



A new feature offering insights from a parent's perspective. This month we have a reflection from Mrs A.

As parents, we should enable our children to explore the path they want to take and to guide them with their revision strategies carefully.

The following points presented below are based on our experience with our son who just completed his A level exams and I believe would help other parents in helping and supporting their children:



1. Our son realised he did not start his revision earlier as his dad and I had suggested, this he said himself. It is therefore my advice that parents should encourage their children to start their revision early, and support them all through.

2. We should know that we can't always make things go 100% the way we anticipated, hence the need to leave some allowance on both sides- child and parent.

3. On the choice of Course and University, we should encourage and support them to do what they really want and would enjoy.

4. Our son has also learnt that a commensurate amount of work, starting at the right time to help spread out the workload is required for success. We should endeavour to pass this message across to our children whatever stage they may be that output answers to input and as such a commensurate amount of work is required for their desired result.

**Encourage them
to start early**

**Support them to
do what they
really want**



Our Vision

To create a virtual learning environment that fosters growth, confidence, and success as we challenge, motivate and help our students to achieve their set objectives.

Our Mission

To provide a comprehensive range of products and services designed to support both students and tutors in their educational journey.

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- ★ Excellence
- ★ Integrity
- ★ Responsibility
- ★ Critical & Creative thinking
- ★ Collaboration



HIGHER HEIGHTS EDUCATIONAL SERVICES

The Pinnacle,
170 Midsummer Boulevard,
Milton Keynes, MK9 1BP
01908 414056

www.hheducationalservices.co.uk
enquiries@hheducationalservices.co.uk

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