

High Flyer Newsletter

Edition 8 August 2024

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pause
reflect
act



Results Day Reminder

A Levels - Thursday 15 August
GCSEs - Thursday 22 August

From Emmanuel's Desk

Recess to Reset - Pt2

I hope you are enjoying your holiday and making the most of it. The following are the remaining 4Rs to continue our discourse on this topic from our last edition:

3. Reflect and Review – This break is a time to look back and think through the academic year just gone and ask yourself the following:

- Did I achieve my set objectives?
- What went well and what didn't?
- What can I do to improve?
- How can I do my better best?

4. Repackage – It is also a time to strategise for the coming session or the next phase of your academic or career pursuit. Set your goals, and outline practical steps to take, preparation is key to success in every endeavour.

5. Refire – Early preparation is vital. Also, crucially important is action in order to overcome inaction, it brings confidence and boosts energy. I will encourage you to start your study early and be well ahead, even before the new academic year begins.

Happy Recess + 'Edutainment'



I did it! So can you!

Motivational Moments

"You cannot learn without attention, neither retain those lessons that you have once learnt without frequently reflecting upon and reviewing them in your mind" - Dorothea Dix

Here are some more reflections from our past student, David:

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

The most valuable lesson that I have learnt is that the earlier you start revising, the easier it becomes. This is because it leaves you with more time to practice questions as it would mean you would have covered the content already.

What was your approach to studying multiple subjects?

My approach was to start by prioritising my weaker subjects and then covering the weaker topics in them first, this approach gave me more time to make sure I got an understanding of the topic.

What did you do to manage exam stress?

I tried my best to not think about the result when I was studying and to approach the revision one exam at a time.

How did you manage the amount of time you spent on devices/gadgets & TV whilst studying?

While I was studying, I made sure to keep my devices away from the vicinity of where I was studying, so as not to spend time on them, and in all honesty, if you are focused on what you are doing when studying and preparing for an exam, you will find yourself naturally using your devices less often.

What one piece of advice would you give to anyone who is a student in 2024?

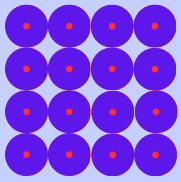
A piece of advice that I would give is to try your best to have a good understanding of the content very early on if you are in an exam year as that is the foundation to the rest of the preparation that takes place.





Here we bring you highlights of important Key Stage 3 and GCSE topics to refresh your memory and boost your understanding with informative content!

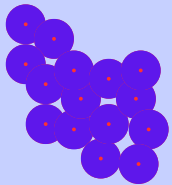
Solids, Liquids & Gases



Particles in **solids** are: regularly arranged & very close together

Their particles don't move much but **vibrate in fixed positions**

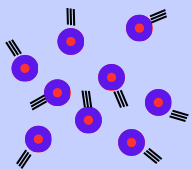
The force of attraction between particles is **strong**



Particles in **liquids** are: randomly arranged & close together

Their particles **move around each other**

The force of attraction between particles is **weak**



Particles in **gases** are: randomly arranged & far apart

Their particles **move quickly in different directions**

The force of attraction between particles is **very weak**

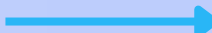
Change of state



Freezing - liquid turns to a solid



Condensing - gas turns to a liquid



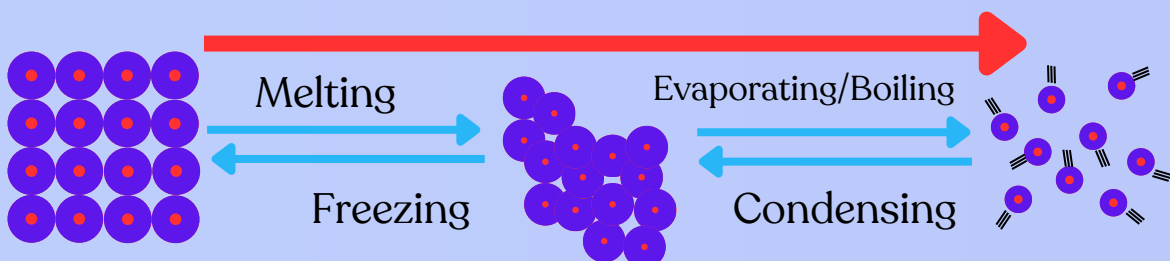
Melting - solid turns to a liquid



Evaporating - liquid turns to a gas

The process where a solid turns to gas, or gas turns to a solid without becoming liquid first

Sublimation



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.

Our Core Values

- ★ 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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