



St Martin's School

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Headteacher/Prifathro: Mr L Jarvis

Dear Parents, Carers & Students,

You may be aware that St. Martin's school is proud to be a PiXL school. That means we are subscribed to a UK wide programme called Partners in Excellence, that many schools across the country have invested in too. The programme provides a variety of strategies and resources to strengthen many areas across the school. One of those areas that is important to us and PiXL is Student Wellbeing - particularly of those who are due to sit external examinations.

PiXL have recently teamed up with olympic athletes, chefs and nutritionists, to research and investigate what it means to perform at the highest possible level. As a result they have developed two packages entitled "Prepare to Perform" and "Power to Perform" to support parents, carers and students as they fast approach external examinations.

Prepare to Perform looks at ways that parents/carers can support their children in being mentally and emotionally ready for the examination season. There is a parent booklet, a student booklet and a daily planner available for students to use so that they are prepared for their forthcoming exams.

- [Prepare to Perform - Booklet for Parents/Carers](#)
- [Prepare to Perform - Student Booklet](#)
- [Prepare to Perform - Daily Planner](#)

Power to Perform addresses student stamina, energy and alertness through their food and diet. This will also have a direct impact on their studies, revision and performance during examinations. Please see below a variety of recipe cards and videos that you can use at home if you wish. Students may even want to use these resources to help them prepare a meal for the whole family after a long period studying!

- [Power to Perform - Recipe Booklet](#)
- [Power to Perform - Recipe Videos](#)
- [Power to Perform - Snacks](#)

We hope that you enjoy the resources that have been provided to us to support students and families of those taking examinations very shortly. We hope these resources will have a positive impact and we welcome any feedback that you may have after using them.

Yours sincerely,

Mr. Lewis
Head of ICT/ESLT

Learning Together, Achieving Forever **Dysgu ynghyd, cyflawni o hyd**

