

13 February 2025

Dear Year 11 Students,

The Social Media Challenge – Unlock Your Full Potential for Exams!

I hope this message finds you well as you approach a crucial time in your academic journey.

Recently, there has been much discussion about the impact of social media on students' focus, well-being, and, most importantly, exam results. Research from a recent schools trial has shown that students who gave up social media in the run-up to their exams saw a **dramatic improvement** in their results compared to those who continued using it. The difference was astonishing - those who took on the challenge achieved higher grades, improved concentration, and reduced stress levels.

Inspired by this success, we invite **all Year 11 students** to take on the **Social Media Challenge** - a commitment to step away from social media until your exams are completed. Some students have already started and are seeing significant benefits in their revision and study routines. Those who have participated report feeling more focused, more in control of their learning, and less distracted.

We understand that social media is a big part of daily life, but this short-term commitment could make a **huge difference** to your results and future opportunities. Imagine the confidence of walking into each exam knowing you have given yourself the best possible chance to succeed.

We challenge YOU to take part! [Sign up here](#) to commit to the challenge.

Even though we won't be with you over the half-term, please know that we are thinking of you and cheering you on as you revise.

Let's make this exam season a turning point. Together, we can help you achieve your very best!

Kind regards and very best wishes



Solomon Berhane
Headteacher

'No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.' *Hebrews 12:11*