



25 March 2019

Dear Year 11 Parents, Carers & Pupils,

Year 11 Exam Preparation

This Easter holiday is a chance to spend time with family: get some fresh air; eat chocolate eggs; exercise, laugh with friends, and laze on a sofa. We know that managing exam stress is important.

Nevertheless, we also know that now is the time to spend some quality time revising. Working out what you don't know, what you need to ask teachers about, or which assessment objectives need more practice will all help you to ask the right questions and work on the right content in those last few school weeks.

Therefore, we'd like to offer some tips to support Year 11 students to complete a sensible and manageable approach to revision at home. We recommend two 30-45 minute revision sessions per school night (in addition to homework) and four hours on a non-school day. We also recommend that students take regular breaks, exercise, drink plenty of water and eat some carbohydrate foods. That's a big ask, so here are three top tips you can help with:

1. Share the revision timetable in a family area to support your child sticking to the discipline of revision and also allowing some 'down time' and balance. You can check to see that the timetable covers all subjects and encourage resilience in sticking to the task. Discourage studying into the wee small hours, and encourage making use of the mornings!
2. Provide an environment necessary to study; a quiet place with minimum interruptions, and do not disturb. Remove the mobile phone to help with focus.
3. Help to avoid the stress; don't make revision a big deal. Organise some rewarding fun that is built into the timetable - and be prepared to help if asked. Encourage them to talk with open questions and offer praise as often as possible.

Students are also able to refer to the advice given in the Elevate Education pre-mock revision workshop, and the pre-Easter (29 March) revision workshop. Both these sessions provide practical and evidence based revision strategies. Please see <https://uk.elevateeducation.com/programs/senior> if you'd like to review the courses at home. Furthermore, Thursday morning tutor sessions and Learning for Life lessons also provide a range of support for exam skills. As a reminder, further advice for parent as well as students is also available in 'Revision Cracked', the Tim Foot Study Skills booklet given out at the information evening last September.

All the students in any exam year feel pressurised. Starting early really helps, and we've been encouraging Year 11 to get revising since just before February half term. Stress signs are common, but we can work together towards building resilience.

Yours faithfully,

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