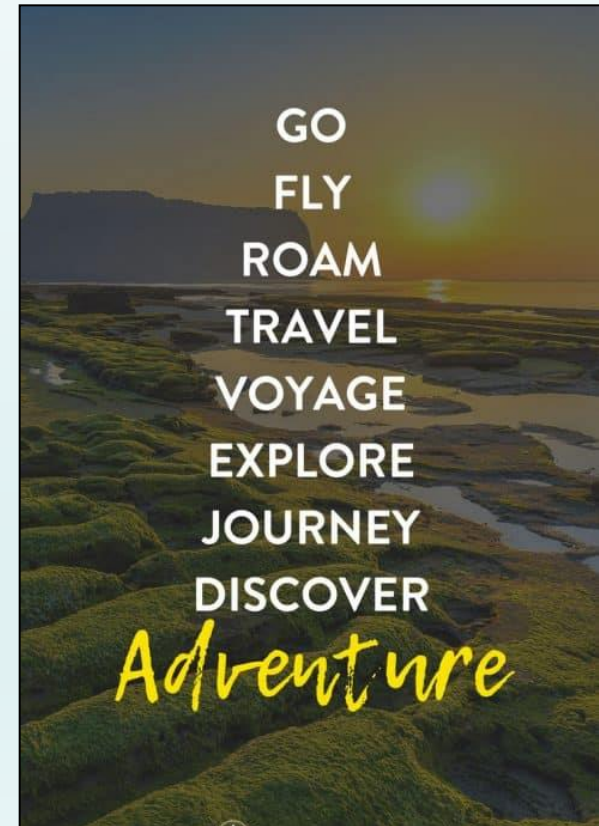


The Year 11 GCSE Preparation Evening

The flight boarding now ...



is yours



Don't miss it



- **Get ready:** Travel light. Take out things you don't need in your luggage.
- **Stay steady:** Check the schedule. Avoid nasty surprises.
- **Go, go, go!** Don't miss the duty-free bargains before boarding.

Don't miss it

Monday

5th May

2025

Is just

193 days

27 weeks

away

Get ready: Travel light. Don't take what you don't need

Behaviour at school

- Do the right thing – wear the correct uniform, keep your phone away etc
- Be prepared – books, equipment, pens etc
- Behaviour for learning

Behaviour at home

- Bedtime routine
- Phone routine – particularly when revising
- Ask questions - Assist your child with revision
- Create a safe and comfortable place for study

Get ready: Travel light. Don't take what you don't need

**Insanity:
doing the
same thing
over and
over again
and
expecting
different
results.**

ALBERT EINSTEIN

**"IF YOU WANT
SOMETHING YOU'VE
NEVER HAD,
YOU MUST BE WILLING
TO DO SOMETHING
YOU'VE NEVER
DONE BEFORE."**

- THOMAS JEFFERSON

Get ready: Travel light. Don't take what you don't need

Tests and exams can be a challenging part of school life for young people and their parents or carers. But there are ways to ease the stress.

Children and young people who are stressed may worry a lot; feel tense; have headaches and stomach pains; not sleep well; be irritable; lose interest in food or eat more than normal; not enjoy activities they previously enjoyed; be negative and have a low mood; feel hopeless about the future

Get ready: Travel light. Don't take what you don't need

- Having someone to talk to about their work can help.
- Encourage your child to talk to a member of school staff who they feel is supportive. If you think your child is not coping, let us know.
- Student Support Officer
- Student Mental Health and Emotional Wellbeing Officer
- Counselling Team
- Form Tutor
- Class Teachers
- Assistant Head

Get ready: Travel light. Don't take what you don't need

Make sure your child eats well

A balanced diet is vital for your child's health and can help them feel well during exam periods.

Help your child get enough sleep

Good sleep improves thinking and concentration.

Most teenagers need 8 to 10 hours' sleep a night.

Get ready: Travel light. Don't take what you don't need

Be flexible during exams

- When your child is revising all day, do not worry about household jobs left undone or untidy bedrooms.
- Staying calm yourself can help.
Remember, exams do not last forever.

Get ready: Travel light. Don't take what you don't need

Help them study

Make sure your daughter has somewhere comfortable to study. Ask them how you can support them with their revision.

Talk about exam nerves

It's normal to feel anxious. Feeling nervous is a natural reaction to exams. The key is to put these nerves to positive use.

Get ready: Travel light. Don't take what you don't need

Encourage exercise during exams

Exercise can help boost energy levels, clear the mind and relieve stress: walking, cycling, swimming, football and dancing are all effective.

Activities that involve other people can be particularly helpful.

Do not add to the pressure

Support group - Childline - says many children who contact them feel that most pressure at exam time comes from their family.

Listen to your child, give them support and avoid criticism.

Get ready: Travel light. Don't take what you don't need

RESILIENCE

Coping with the ups and downs and to bounce back from the challenges.

Powerful strategies to build resilience in young people:

- Helping them to build good relationships with others

- Building their independence
- Learning to identify, express and manage their emotions
- Building confidence by taking risks and accepting challenges
- Turning challenges into opportunities

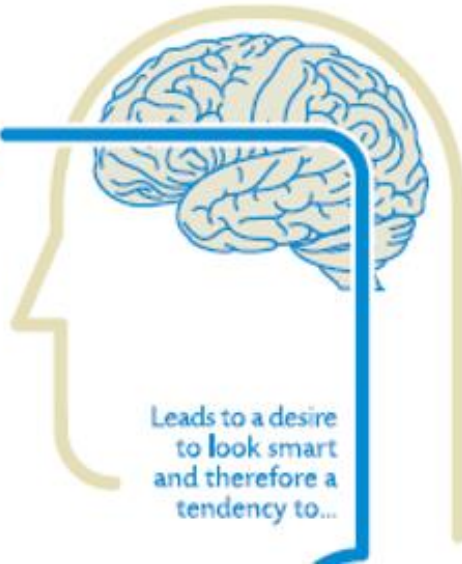
Get ready: Travel light. Don't take what you don't need

Be flexible during exams

- Be flexible around exam time. When your child is revising all day, do not worry about household jobs left undone or untidy bedrooms.
- Staying calm yourself can help. Remember, exams do not last forever.

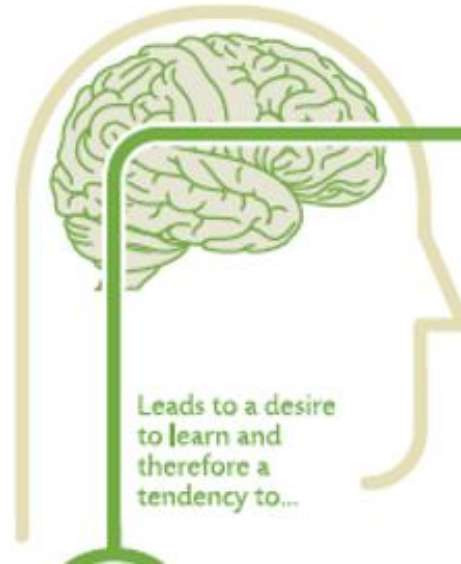
Stay steady

Fixed Mind-set
Intelligence is static



Leads to a desire
to look smart
and therefore a
tendency to...

Growth Mind-set
Intelligence can be developed



Leads to a desire
to learn and
therefore a
tendency to...

Stay steady

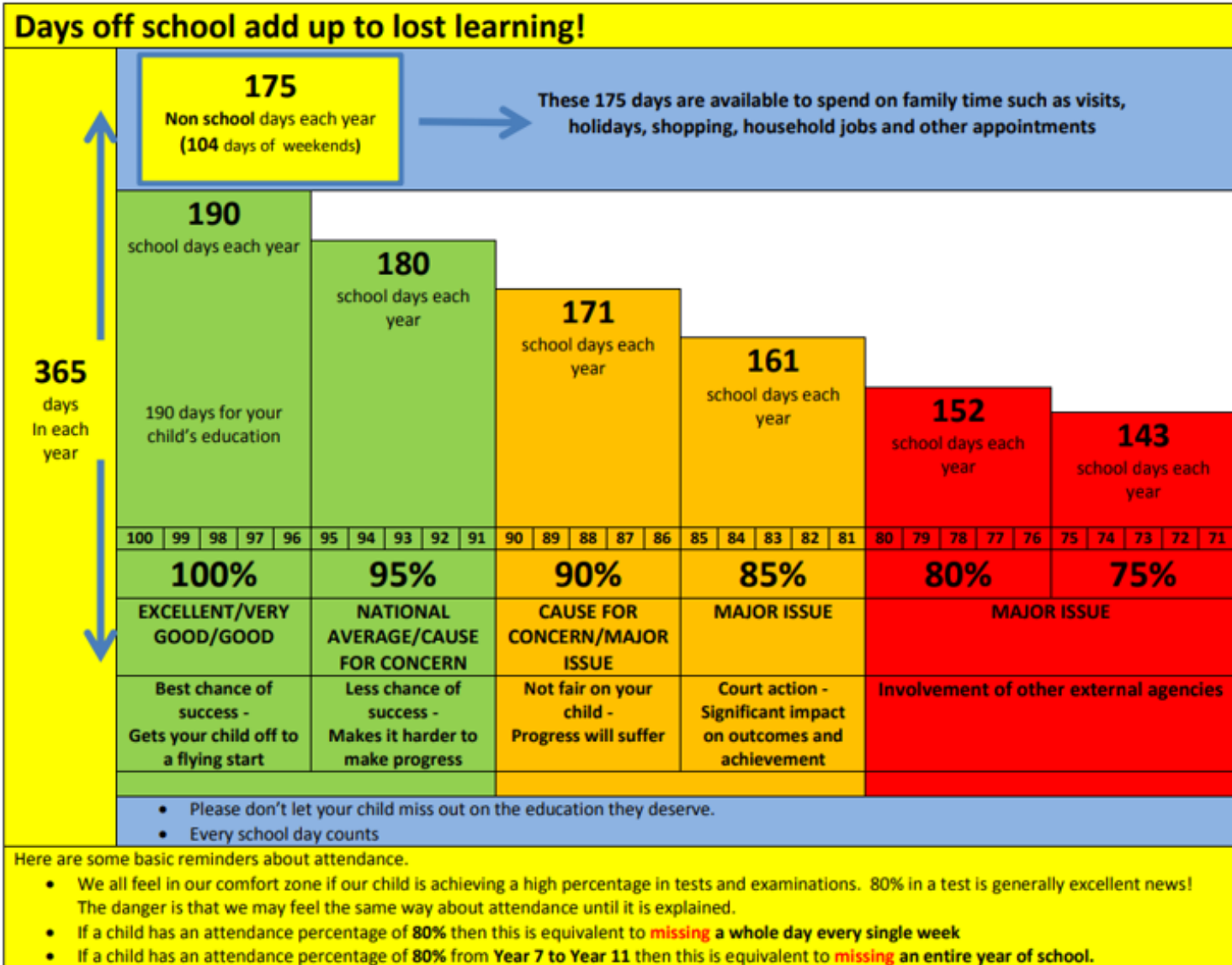
Fixed mindset

- Avoids challenges
 - Gives up easily
- Sees effort as fruitless or worthless
- Ignores useful, negative feedback
 - Feels threatened by the success of others

Growth mindset

- Embraces challenges
- Persists in the face of setbacks
- Sees effort as the path to mastery
- Learns from criticism
- Finds lessons and inspirations in the success of others

Stay steady



Stay steady: Check the schedule

- Revision guides available
- After and in-school support to prepare for the exams
- Know what to do to get Grade 4/5 or Grade 8/9
- Diagnosis, therapy and testing.
- Revision support via Teams
- Tuition programmes
- Study seminars and revision classes
- Study skill focus
- Mentoring and academic support
- Independent study

Stay steady: Avoid nasty surprises

Study Habits...Top Tips: Homework and Revision

- GCSE test how well you can remember the content not how well you understand it
- 1.5 hrs of work per night in Year 10
- 1 hr should be directed homework and 0.5 hours should be independent review and revision
- Fill the gaps, thinking skills, quick test, exam question, review

Revision Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 pm							
5 pm							
6 pm							
7 pm							

Stay steady: Avoid nasty surprises

Top Tips: Revision Techniques

- Students need the content in their long term memories. Regular reviewing, thinking/ adaptation techniques and testing can achieve this.
- Infographics where students convert content into pictures and cartoons is a great way to reduce content and learn (1 topic content)



Start here: Clear your head

- We are using tried and tested approaches
- Those who succeed are those who show commitment and determination to achieve their best
- Work hard. Get support
- Maintain high attendance
- Take pride in your learning
- It is **NOT** too late. Just get on with it!

**Every year, 5 million students
sit public examinations**



**You will
too.
It will be
ok.**

Go, go, go!

Don't miss the duty-free bargains

