

08 June 2018

Dear Parents/Carers,

I am writing to let you know that your child will be starting their end of year examinations week on the 25th of June. Subject exams will each be one hour long and will contain content from the whole year.

In order that students do not miss too much curriculum time, the exams will take place within subject lessons. Students should come to school as normal each day, and follow their usual timetable unless advised otherwise.

Your child should now be collecting the specific exam date from their classroom teacher, and a revision lists to help them further prepare at home. We recommend that students set aside time in evenings and at weekends to revise in blocks of 20 minutes.

We are very aware that this can be a stressful time for students. Can I please ask you to talk through some of the tips that are set out on the reverse to help your child with time management and maintaining their well-being.

Should you need any further information, please do not hesitate to contact me or their subject teachers directly.

Yours faithfully,

Jonathan Palmer  
Assistant Headteacher

## **Staying Healthy During Exams**

There is no doubt that it is a stressful time for young people taking exams. Understanding what you need to do and planning your revision time and breaks is important to managing the pressure of the exam period. The key to finding this balance is to be well organised.

Below are some other tips to help you stay healthy and positive.

### **1. Sleep better**

- Do not work in your bed. You should associate your bed with relaxation not stress
- Develop a routine; stop work at least an hour before you want to sleep and try and do something relaxing in the meantime. Go to bed and wake up at the same point each day
- If you find yourself awake and worrying about a particular issue, try keeping a note book at the side of the bed to jot these things down to deal with in the morning

### **2. Stay Active**

- Exercising even for 15 minutes a day will make a huge difference to your wellbeing – physical activity increases the heart rate and makes the blood circulate faster. This ensures the brain gets more oxygen which increases productivity and reduces stress and tiredness
- Think about your diet; try to eat fruit and veg every day and remember that a good amount of carbohydrate will give you energy. Also make sure you drink lots of water.
- Use rewards to keep you going; if you achieve your goals give yourself a treat or something to look forward to.

### **3. Talk About it**

- Talk to family members, especially those who may have been through exams recently like older brothers, sister or cousins
- Don't be afraid to talk about how you are feeling with your friends but pick carefully - some people can make you feel worse by giving you even more to worry about
- Why not talk to a member of staff ? They might be able to help you understand why you feel stressed, anxious, etc... and can help with changing your negative thought patterns

### **4. Think Positively**

- Be careful about comparing yourself to others; it's easy to assume everyone else is finding it easy or working 8 hour days but you don't really know how they are feeling or coping
- Don't obsess with the future; look after yourself now and the future will take care of itself
- Don't think in 'all or nothing' terms – these exams are for practice and your aim is to improve and be ready for May, there will be more opportunities to practice
- Be kind to yourself; focus on your strengths and accept that no-one is perfect. If you find you are giving yourself a hard time, imagine what another reasonable, kind person would tell you

### **Useful websites**

Young Minds – <http://www.youngminds.org.uk>

MIND – The Mind infoline is - 0300 123 339