

7th February 2019

Dear Parents/Carers,

I am writing to let you know that Year 11 students will be starting their second round of GCSE mock examinations on Monday 25 February 2019. Students should come to school as normal each day. When they have finished their exams for the day, **they will be able to leave school** to revise independently at home.

I am enclosing the exam timetable so that you can see which subjects will be tested on each day across the examination period; exams will be full GCSE papers so the process will be an excellent way for students to further build their exam skills ready for GCSE success in the summer.

Your son/daughter has been given a list of topics to revise for these exams. Some staff have issued revision sheets and many have given out study guides. Some teachers will also be sending students emails or using Google Classroom with links to resources and powerpoints. Many teachers are revising with students in lesson times, however, in some subjects students are completing the final parts of curriculum content. It is important that students use their half term and weekends to revise and consolidate learning.

Please discuss the revision materials with your child and support them in planning their time and organising themselves at home. We are very aware that this can be a stressful time for students so please can you talk through some of the tips that are set out on the reverse of this sheet.

The students will receive their mock examination results by mid-March along with a list of topics they need to work on to best prepare themselves for the start of the GCSE examinations.

Should you need any further information, please do not hesitate to contact me or their teachers directly. Should you wish your child to stay on site after the end of exams until the end of the school day, then do please let us know and we will make arrangements for them to be supervised.

Yours faithfully,

Jonathan Palmer
Assistant Headteacher

Staying Healthy During Exams

There is no doubt that this 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.

Prepare a revision timetable, breaking your time up into slots for work and others for relaxation. It is very hard to concentrate for longer than 40 minutes at a time so take 15-20 min breaks in between subjects. Below are some other tips to help you stay healthy.

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 notebook 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

Year 11 Mock Examination Timetable - Monday 25 February - Tuesday 5 March

| Day | Time | Exam | Length |
|-----------------------|-------------|--|------------------------|
| Monday 25 February | 8:40 | English Language Paper 1 | 1hr 45min |
| Monday 25 February | 11:00 | Maths Paper 1: Non Calculator | 1hr 30min |
| Monday 25 February | 13:40 | Science Trilogy Paper 1: Biology Science Paper 1: Biology | 1hr 15min 1hr 45min |
| Tuesday 26 February | 8:40 | Maths Paper 2: Calculator | 1hr 30min |
| Tuesday 26 February | 11:00 | Science Trilogy Paper 2: Chemistry Science Paper 2: Chemistry | 1hr 15min 1hr 45min |
| Tuesday 26 February | 13:40 | Sociology Paper 1 | 1hr 45 min |
| Tuesday 26 February | 13:40 | Drama | 2hr |
| Wednesday 27 February | 8:40 | English Language Paper 2 | 2hr |
| Wednesday 27 February | 11:00 | Science Trilogy Paper 3: Physics Science Paper 3: Physics | 1hr 15min 1hr 45min |
| Wednesday 27 February | 13:40 | French Writing | 1hr / 1hr 15 |
| Thursday 28 February | 8:40 | Maths Paper 3: Calculator | 1hr 30min |
| Thursday 28 February | 11:00 | Geography Paper 1 | 1hr 30min |
| Thursday 28 February | 11:00 | History Paper 1 | 1hr 45min |
| Friday 1 March | 8:40 | Geography Paper 2 | 1hr 30min |
| Friday 1 March | 8:40 | History Paper 2 | 1hr 45min |
| Friday 1 March | 11:00 | French Listening / Reading | 1hr 20min / 1hr 45min |
| Friday 1 March | 13:40 | Maths Paper 3 (History Trip Students) | 1hr 30min |
| Monday 4 March | 8:45 | English Literature Paper 1 | 1hr 45min |

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| Monday 4 March | 11:00 | Business Paper 1 | 1hr 30min |
| Monday 4 March | 11:00 | Food and Nutrition | 1hr 45min |
| Monday 4 March | 11:00 | Music | 1hr |
| Tuesday 5 March | 8:40 | English Literature Paper 2 | 2hr 5min |
| Tuesday 5 March | 11:00 | Business Paper 2 | 1hr 30min |
| Tuesday 5 March | 13:40 | History Paper 1 (History Trip Students) | 1hr 45min |