

### Show an Interest

Encourage your child to tell you about their revision. It will give them an opportunity to talk through what they have been doing.

### Eat Well

Try to ensure that your routines at home allow for proper evening meals and breakfast with a low sugar content.



### Sleep Well

Your child needs to know the importance of putting their exams before their social life. Calmly insist that they do not go out during the exam period. This will help your child prepare for adult life. They need to learn to balance work and leisure and realise when each is important.



[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

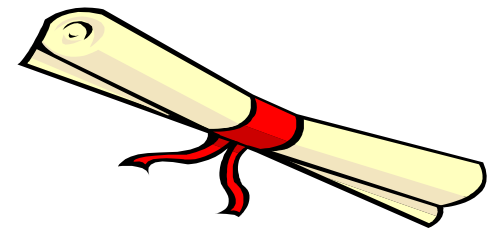
[www.direct.gov.uk](http://www.direct.gov.uk)

[www.parentscentre.gov.uk/homeworkandrevisiontips](http://www.parentscentre.gov.uk/homeworkandrevisiontips)

The following website also publishes help and guidance for parents.



# Preparing for Exams



## A Parents Guide

# Introduction

For the next four months your child's preparation for their GCSE exams is our top priority.



We would like to take this opportunity to tell you about all the extra support which is available at St Edmund's during this time. It is also an opportunity to highlight areas where you, as parents and carers can help. It is by working together that we can help your children to achieve their target grades.

## Opportunities available at St Edmunds are:

- ➡ Revision timetable after school
- ➡ Extra lessons during lunchtime and tutor periods
- ➡ One to one mentoring
- ➡ Red, Amber, Green reports to allow students to see their progress over time

- ➡ Smaller group teaching in some areas
- ➡ Focused revision days
- ➡ Library available for quiet study from 8.00am - 4.15pm

## How can you Help

### For the next few months

- J Check your child's diary every week. Place the revision timetable where it can be seen everyday.
- J Learning environment should be a quiet well lit area with a clear work surface and free from distractions.
- J Revision should be carried out in a communal area where your child can be monitored and be away from distractions of their bedrooms.
- J Outside pursuits are encouraged, but planned to coincide with hard school work.

- J Have the family computer in a communal space where you child can still work but where you can monitor what they are doing.

### Insist on early nights!

On school nights, your child should not be going out, unless it is a regular commitment e.g practice. That way they can go to bed early and get enough sleep, which they need in order to be focused and concentrate well at school.



### Get up early!

If your child gets an early night. They can get up in time to check they have all they need for school, have a proper breakfast and arrive at school in a calm frame of mind, ready for the day ahead.

### For the last few weeks

Display the exam timetable in a visible place at home, so everybody knows what exams are happening and when.