

SUPPORT YOUR



Exam Support

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Support your child to make a revision timetable

- If you need any further information, please speak to Ms K Walsh.
- Make sure you are realistic and give your child the best chance to succeed by encouraging them to attend all revision sessions.
- Help them to eat well at mealtimes and don't miss breakfast.
- The school canteen is open from 8:00am so students can get into school a bit earlier to start the day with breakfast, this will help them to have enough energy.
- Encourage them to sleep for around 9 hours each night. Young people will perform much better each day if their brain has had a chance to rest and process the information.
- Support them to have 1 hour of exercise most days. Exercise will help keep your young person calm during exams. They will feel energized and refreshed and will perform better.

Expect them to be in school every day – 100% Attendance

- If young people are in school, then they are learning and giving themselves the best chance to succeed in their exams

Encourage them to talk to friends, family and teachers for support.

- Encourage them to be honest and let their family and friends know how they are feeling, talking can help to release stress.

Support them by being positive, to put in effort and do their best.

- Encourage them to make good use of their time. Stay focused when revising and know in their heart they have done all they can.
- Reward your young person when they have put in the effort.
- The right balance between study and leisure is important. After a productive day of revision reward, them by watching a film or going to the park for a game of football with friends.

How can parents help?

Do

- Discuss with your child what will be involved in the revision period and what your role could be.
- Provide the environment necessary for success. Students need a place to revise which is quiet, calm and comfortable.
- Respond positively when they ask for help. Ask how you can help and if you can't help immediately, ask when is convenient.
- Give plenty of encouragement and praise when it is deserved.
- Stay calm.
- Point out what they have done well, when you look at their work. Don't dwell on the errors but do emphasize the positives.
- Keep them well supplied with healthy food and drinks.
- Be prepared to listen when they want to talk about problems as everything becomes more emotional and heightened during the exam period.
- Encourage them to take regular breaks during periods of revision.
- Encourage morning revision when the brain is more receptive and discourage studying right up to bedtime.

Don't

- Make comparisons with brothers, sisters and friends.
- Add to their worries by constantly mentioning their exams.
- Relate too much to when you sat exams or how you did revision.
- Worry if their revision techniques seem strange or unusual.
- Make a battle out of whether or not they should listen to music whilst revising.
- Distract them unnecessarily.
- Expect them to study all the time as taking some time out to relax will have a positive effect on their work.
- Join in the general anxiety; be a picture of serene confidence

If you have any concerns and would like to speak to a member of Tallis staff. Please contact your young person's tutor or head of year.

There is a great deal you can do as a parent. You can be invaluable in making the exam process smooth, calm and successful. Please remember don't hesitate to contact staff at Tallis for help and advice.