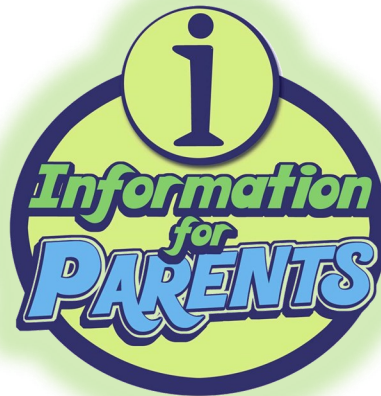


MAKING A POSITIVE START

✓ Hidden ways to support

- Remove temptation to lose focus by limiting use on, mobile phones, games consoles and TV.
- Try to ensure that your child eats breakfast. **Our breakfast club is open from 8.00am which provides breakfast - Its Free !**
- Make sure they continue to attend all lessons up to the examination period.
- Ensure they arrive at school on time. Being late for school can cause your child distress before the exam has even started.
- Encourage your child to go to bed early so they have a good night sleep.



Examinations can be a worrying time for your child and they may feel under a great deal of pressure. Your support and encouragement can make a big difference to your child's motivation and ability to cope with the stresses of the exam period.

WHAT ELSE CAN YOU DO TO HELP?

✓ Recognise the importance of exams

- Know your child's exam timetable. Pin it up at home so you are always aware of what is happening.
- Ask your child how the exam went but don't dwell on any errors.
- Help your child move onto the next challenge, ask them simple questions such as what's next, what do you need from me?.
- Reward your child's efforts to revise.
- Reduce the number of chores that they have to do when exams start.
- Be sensitive to the pressure and stress that your child may be experiencing. Encourage them to speak to you about it.
- Help them to keep things in perspective.
- Attend Parents and Consultation Evenings, ask questions and find out how you can best help your child at home.
- Ensure your child also recognises the importance of any internal/mock exams as these will give us a clear indication of areas your child needs extra support in.

REVISION

The secret to doing well in exams is planning. You can help your child create a clear revision plan and method of studying that will make them feel in control of their work.

✓ Tips to help your child revise effectively

- Right from the start, sit down with your child and agree the rules for revising. Make a realistic revision timetable which balances revision with social time.
- Provide a quiet space in your home and ensure there are no distractions from other members of the family.
- Break revision time into small chunks, with short breaks in between.
- Remind your child to use the revision methods they have been taught in lessons, mind maps, brief notes, pictures etc
- Encourage them to attend after school and Saturday revision sessions.
- Allow them to revise with friends as this will help them to test each other and talk about the work.
- Ask your child to explain what they have just been revising, if you can understand the answer, this will produce a good answer in the exam.
- Time your child's attempt at practice papers, treat the practice exam like the real exam.

Please feel free to contact me with any queries you may have. Miss S Austin—Exams Officer.
Email me on: exams@holte.bham.sch.uk