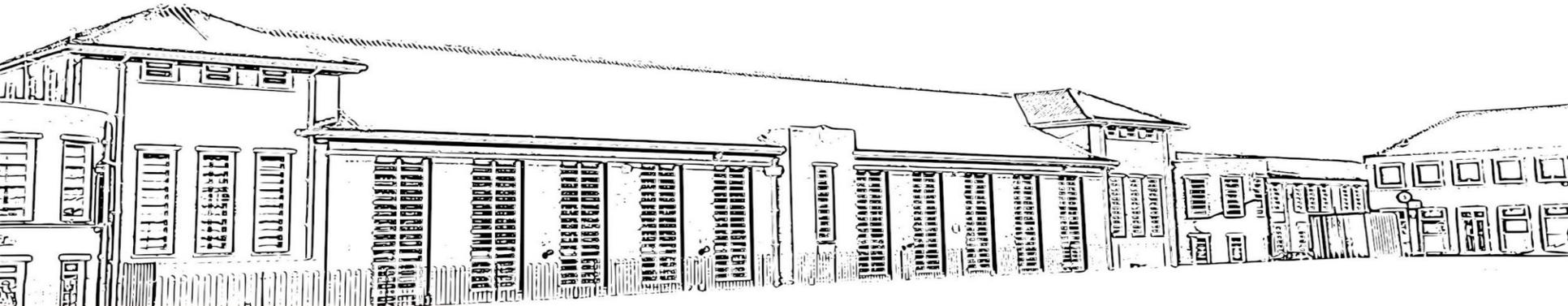


Information for Parents: End of Year Exams Supporting Your Child

Summer Term 2022



Internal Exams: Supporting Your Child

A message from Miss Hook:

Our students in Year 7, Year 8, Year 9 and Year 10 are sitting their end of year exams next half term. For many this may be the first time they have sat exams, certainly the first time most have experienced our exam hall.

These exams are an opportunity for students to show what they have learnt all year: the knowledge and skills they have retained and can apply in their responses. This will also be good practice for the external exams they will take in the future.

The following two slides shows what type of exam and assessment each year will have for their subjects. Teachers will let their classes know in advance when their exam or assessment is scheduled. Parents of Year 10 please note - they do also have external exams: this timetable has already been shared with them.

Supporting your child through this period will help them achieve their best grades. Therefore, this presentation shares advice regarding how you can help your child revise whilst also supporting their wellbeing too.

If you have any queries, please contact us in school.

Many thanks for all your support.



Internal Exams: Supporting Your Child

Year	Information	Exam Paper Subjects	Practical Assessment Subjects	Reports (Approx Dates)
7	Exam papers are 50 minutes in length	English, maths, science & Welsh - in the exam hall Geography, history, RE and French - in class	Art, IT, performing arts, technology, PE	20th July (Short report)
8	Exam papers are 50 minutes in length	English, maths, science & Welsh - in the exam hall Geography, history, RE and Spanish - in class	Art, IT, performing arts, technology, PE	20th July (Full reports)
9	Due to students having opted for KS4 subjects, Year 9 students will only sit core exams	English, maths, science & Welsh - in the exam hall	N/A	20th July (Short report)
10	Year 10 students have external exams in English Lit, science and history. There will be no mock for these subjects.	All GCSE subjects (apart from English, science and history)	All BTEC subjects which have an exam unit	13th July (Full reports)

Internal Exams: Supporting Your Child

 Year 7-10 Internal Examinations Summer 2022				
Date	Start Time	Year	Subject	Length
Monday 20 June	9:00	10	Physics (External)	1:45
	14:00	7	English	0:50
Tuesday 21 June	No Exams			
Wednesday 22 June	9:00	9	Mathematics	1:30
	11:20	10	Spanish (Writing)	1:30
	14:00	8	Science	0:50
Thursday 23 June	9:00	8	English	0:50
	11:20	10	Mathematics (Non Calculator)	1:30
	14:00	9	Welsh	0:50
Friday 24 June	9:00	9	Science	0:50
	11:20	10	Welsh	1:30
	14:00	8	Mathematics	0:50
Monday 27 June	9:00	10	Mathematics (Calculator)	1:30
	11:20	8	Welsh	0:50
	14:00	7	Science	0:50
Tuesday 28 June	9:00	9	English	0:50
	11:20	10	Religious Studies	1:30
	14:00	7	Welsh	0:50
Wednesday 29 June	9:00	7	Mathematics	0:50
Monday 4th July	TBC	10	Spanish (Orals) <i>Times to be confirmed by teacher</i>	0:15
Tuesday 5th July	TBC	10	Spanish (Orals) <i>Times to be confirmed by teacher</i>	0:15
Wednesday 6th July	TBC	10	Spanish (Orals) <i>Times to be confirmed by teacher</i>	0:15

A SCHOOL FOR ALL,
WHERE EVERYONE
SUCCEEDS.

Internal Exams: Supporting Your Child

Encourage your child to have a study timetable.

Successful students **spend time every day** doing one or more of the following activities:

- **completing homework**
- **revising**
- **reviewing notes from recent lessons**

Students need to set a **revision timetable now** - there are possibly two weeks to go to their first exam.



Internal Exams: Supporting Your Child

Create the right environment

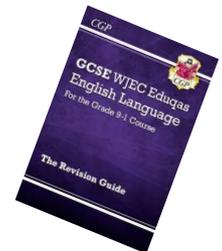
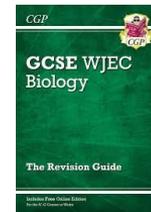
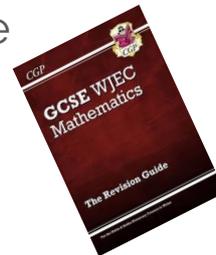
- Try to provide a **quiet place** where your child can study, free from interruptions and distractions
- Aim to maintain a **calm and positive home**
- Consider '**looking after**' their **mobile phone**
- **Water** is great for fueling the brain (avoid energy drinks)
- Make sure they get enough **sleep**: they should be in bed and asleep by 11pm at the very latest
- Help them **organise their resources** so all are easily accessible. Make sure these are packed away at the end of a revision session (to get a break).



Internal Exams: Supporting Your Child

Ensure they have the right resources

- **Study guides** are really useful for our older students - make sure you have the correct exam board (typically WJEC and Pearson)
- There are lots of **websites** (eg. BBC Bitesize, MathsWatch, GCSE Pod etc) that are very good. Teachers will recommend what is best for each subject
- A **scientific calculator** is needed for Maths (not a mobile phone)
- **Notebooks** and **stationery** eg. highlighters are needed for revision
- **Google Classrooms** - know their codes: you can join too
- Their **exercise books** and Google Classrooms also hold a lot of valuable information.



Internal Exams: Supporting Your Child

Become their Learning Coach

- **Work out how your child revises the best** (students do find some ways easier than others). These are proven ways in which you can increase the likelihood of remembering information:
 - **'Chunk' time** - short bursts of revision are more effective than long hours with no breaks
 - **Revising for 45 minutes** then having a **15 minute break** for three hours works for many students
 - Make **mind maps** and/or **flash cards**
 - Complete **practice papers** (in timed conditions)
- **Make lists** with them - break things down into manageable chunks/plan their work - **help them feel in control**

Internal Exams: Supporting Your Child

Look after their Wellbeing

- Teach and encourage **relaxation techniques** (breathing, mindfulness, muscle relaxation - lots of free Apps are available)
- Get them to **take a break** - get them out of the revision room
- **Exercise** – even just a little bit. It releases endorphins that help combat stress - go for a walk with your child
- Encourage them to **talk** to you about their feelings
- Try to ensure they **eat healthily** - this will assist the immune system
- Make sure they are getting enough **sleep** - avoid the 'jet lag' of long weekend lie ins
- Challenge the way they are thinking if it is negative



Internal Exams: Supporting Your Child

Look after their Wellbeing - Relaxation Techniques

- The aim is to **replace the stress response with the relaxation response**
- We want to help our young people to **LOWER their heart rate, blood pressure, breathing rate**
- Breathing techniques e.g. **4-7-8 breathing**. By relaxing the body we can fool the mind into relaxing
- **Muscle relaxation** - meditation apps really help
- **Mindfulness** - the focus on the here and now prevents focus on the stressful stimulus



Internal Exams: Supporting Your Child

Look after their Wellbeing - Dealing with Negative Thoughts

- Encourage young people to be **conscious of negative thoughts** and stop them in their tracks
- Help them find evidence to **prove their negative thoughts wrong**...e.g. earlier good test scores
- Encourage them to **replace negative thoughts with positive affirmations**... "I am calm and prepared for my exam"....their brain believes what they tell it!
- Ask them to **act as if they are successful students** who will do well in the exams
- **Avoid an exam post-mortem** with their friends: these rarely help - they only increase anxiety as students worry what they did wrong



Internal Exams: Supporting Your Child

Look after their Wellbeing - Managing Stress

- Help them **recognise signs of stress** and to identify why they are feeling stressed
- Do something **practical** to help - **walk and talk**. Encourage them to learn and **practice relaxation techniques** NOW ready for the summer.
- Help them **gain control** over their studies with **revision plans**, checklists, resources and space
- Set up **clear routines** around eating, sleeping and phone use
- Make sure they **attend school** to minimise stress of missing work
- Encourage them to **recognise and deal with negative thoughts**- especially around exam time when an exam may not go as they wanted
- Help them to recognise that **stress can be useful**
- Show them you are **proud** of them no matter what!

Internal Exams: Supporting Your Child

If you have concerns, please contact:

- **Progress Leader / Form Tutor**
- **Head of Department / Subject Teacher**

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