

Don't:

- Compare their progress and results to that of siblings or friends;
- Constantly mention their exams – sometimes a prompt can be nice, but it should not be the major topic of every conversation;
- Relate too much to when you were sitting your exams at school or how you did your revision – everyone has a different style of learning and what worked for you may not work for your child;
- Worry if their revision techniques seem strange and unusual – your child will know what works best for them and how to best revise. For some this can be listening to music or having to be in a certain room. They will know what works best for them and if this helps them to understand/learn a topic, encourage them to do this more;
- Distract them unnecessarily;
- Expect them to study all the time – taking a break from time to time is key to ensuring your child doesn't exert themselves. Relaxing and having a regular break away from studying can help to refocus the brain and gives time for knowledge to process;
- Join in the general anxiety – if your child is panicking about an exam, you must be calming and reassuring for them, rather than fuelling their stress.

There is a great deal you can do as a parent. Your support is invaluable during this time in order to make the exam process smooth, calm and successful. Please remember: You can contact the staff at CRA anytime for help and support

Exam Support



Mr E Drumm

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Support them in making a Revision Timetable

Make sure that this timetable is realistic and encourages your child to do some revision. It will be a pointless activity if your child does not stick to this timetable, so ensuring enough time is dedicated to both revision and relaxing is key. Make sure you are encouraging your child to go to each revision session on offer during the school day and during the holidays.

If you would like any help/advice on preparing a suitable revision timetable, or wish to know what revision sessions are on offer, please contact Mr Drumm.

Ensure they are Eating Well at all Meal Times

Make sure your child does not miss breakfast in the mornings. The school building is open from 8:00am, so you can provide them with something to eat upon their arrival to school. This is essential to ensure they have their energy levels full for a good start to the day.

Ensure they get a Good Night Sleep

Young people perform much better each day if they have had a full 9 hours of sleep the day before.

Support them to have an Hour of Exercise

Exercise can help to calm and refresh the mind of your child. It can be a good source of stress relief and a way to relax.

Expect them to have 100% Attendance

Your child being at school all the time during the build-up to exams is essential. Revision sessions are on and teachers can tackle key gaps in their learning during this time

Encourage them to talk to Friends, Family and Teachers for Support

We have the mix open every lunchtime for your child to go and study or catch up with homework/coursework. There are also various members of staff monitoring the mix who are there for students to talk to them about stress and how to deal with it. Encourage them to be honest and let friends and family know how they are feeling – this can help to 'let it all out' and be a great stress relief.

Reward your Child when they have Worked Hard

The right balance between study and leisure is key. Sometimes it can be nice to have a short break after a productive day of revision.

How can Parents Help?

Do:

- Discuss what will be involved in the revision period and what you will do to help them;
- Provide a stress-free environment for study. Your child will need a place to revise which is quiet and free from disruption;
- Respond positively when they ask for help;
- Give plenty of praise and encouragement;
- Stay calm;
- Review their work and tell them what they have done well and where they need to put in some extra work;
- Keep them well supplied with food and drinks;
- Listen when they discuss problems – emotions are running high during this time and they may need someone to lend an ear from time to time;
- Encourage regular breaks away from long periods of revision to ensure they can re-focus their brain;
- Encourage morning revision when the brain is more productive and receptive.