

10th June 2024

Dear Parent / Carer,

As a school we have been so impressed with the level of effort and work from all students this academic year. I want to thank you for your ongoing effort to support your children in making such a positive effort with their school work this year.

The week beginning June 24th 2024, we will be holding assessments for all students in year 7-9 for every subject. In preparation for this, we will have structured revision sessions that will involve both teacher-led activities and supported independent revision. To complement these lessons, every student will receive a list of topics they need to use to revise for these exams. Please find with this letter a booklet showing these topics. It can also be found on our website in the 'Learning' section.

It is designed to provide parents with the information to be able to support their children and establish the best study habits that can be applied both in school and at home.

It is important students organise their time to complete revision for these assessments. They can use their Sparx online homework to help support their revision. They can also use their self quizzing, revision cards and exams questions within their homework booklets to support this as well. Teachers will also be providing additional support in lessons to help support their preparation for these assessments.

Some additional ways to support your child with revision can be found here on our school website:

[Revision guidance for parents](#)

Here are some easy things you can do to help your child:

Top 10 tips to support your child with revision

- Being a role model - Help support them with revision by asking them questions, reading their notes and listening to them.
- Help them set goals - Encourage them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall. Help focus them and talk to them about their goals regularly
- Keep them active - Encourage them to keep active on a daily basis
- Healthy eating - Encourage them to eat breakfast everyday Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams
- Time out - Encourage them to build in opportunities to take some time out every week, away from study
- Sleep patterns - Young people need between 8 – 9 hours sleep per night
- Unplugging - Encourage them to unplug from technology everyday. Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- Staying cool & calm - Promote a balance of their academic studies & other activities during the week
- Belief - Give them positive reinforcement
- Be supportive

If you have any questions or queries please speak with your child's Head of Year.

Yours sincerely



Mr S Gill
Deputy Headteacher

Anita Frier, Headteacher

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