**SUPPORT FOR PARENTS AND STUDENTS DURING EXAMINATION PERIODS**

C:\Users\hhawley.INTERNAL.001\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\M2W6YNFW\MC900088930[1].wmf**PARENTS**

* Examinations can be stressful for some students (and also for parents!)
* Make sure there is somewhere calm and comfortable for your child to study. They are anxious enough without the annoyance of younger brothers and sisters.
* Please make sure your child is organised. Planning is key, e.g. make sure they have their revision plans, examination timetables and study methods that work for them. Make sure they have the basic examination stationery they need - so many students turn up with no pens, pencils and rulers.
* Each student will have an examination timetable (GCSE timetables will be issued at the end of February and AS/A Level timetables at the end of March). The students will also be aware of when their controlled assessment/coursework should be handed in. If you, too, are aware of these dates as well that would be helpful. Examination information is also on the school website. If possible stick the timetable up in a prominent place. If you are well prepared they will be well prepared. There is nothing worse than a stressed student, late for an examination because they forgot. This could be easily avoided.
* Support is key. Encourage regular breaks and make sure they actually stop to eat. A good breakfast is essential at the start of a long examination day.
* Every child will revise differently, be guided by them.
* The students are aware of their predicted grades. Positive attitudes and praise will encourage your child, but on the other hand they should be aware that it is normal to be nervous before an examination. Reassurance is key.
* Even though revision is extremely important, suggest they take regular breaks. Last minute cramming sessions can be counterproductive.
* If you feel your child is not coping then please talk to their teachers at school as soon as you can.

**PARENTS & STUDENTS**

* There are a lot of good revision sites available. One example is; [http://www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize%20) . Check these out.
* C:\Users\hhawley.INTERNAL.001\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\575QMTQW\MC900088940[1].wmfPast exam papers are readily available on the internet and from the subject teachers so students can practice not only the questions, but the way they are worded, timings for questions etc. For example, don’t spend too much time on one question and then realise you don’t have the time to complete the rest. Look at the marks awarded for each question - the more possible marks awarded the more detailed an answer the examiner will expect. Checking out old papers will give them a good idea of the exam paper layout and what is expected of them.
* Physical exercise and a good night’s sleep are also important to recharge the batteries and release tension. A brisk walk will blow away the cobwebs before the next revision session starts.
* Make sure the student knows that phones, electrical equipment, any valuables and revision notes have to be handed in before an exam or left at home. The last thing anyone needs is a potential disqualification or an accusation of cheating. The Examinations section of the school website has lists of all the rules, regulations and frequently asked questions. If in doubt please contact our Examinations Officer.

**STUDENTS**

* If there is a very difficult question, don’t get worried - leave it - you can always come back to it and have another look at the end.
* Try not to panic. If there is something you cannot remember take a sip of water, breathe and the answers should come back to you.
* Also, please don’t forget the chapel is in school for anyone who would like quiet reflection time before or after an examination.

**USEFUL EXAM BOARD WEBSITE LINKS**

AQA - <http://www.aqa.org.uk/>

Edexcel - <http://www.edexcel.com/Pages/Home.aspx>

OCR - <http://www.ocr.org.uk/>

WJEC - <http://www.wjec.co.uk/>