

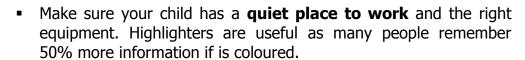
What can parents do to help?

 Students should know which exams they are taking from the list below – please remind them. Be calm and supportive – Children cannot work when they are stressed!





It is expected that students who have exams will be revising for approx. 1 – 2 hours each night (more at weekends). Teachers will set less homework to allow students to revise. Students should plan breaks, for example, revising for 30 –40 minutes followed by a ten-minute break.







Many students are very active outside school. Be reasonable about this and avoid overloading your child. However, students cannot perform well in a test if they have been out for 3 hours the night before. It is sensible to monitor your child's commitments during this difficult time.

MSN, Facebook, TV and loud music **should not** be used when your child is working. They disturb concentration and definitely slow down their work rate. They should be kept for breaks only.



Please check that your child draws up a revision timetable, which should include dates
of the exams, details of the subject and topics to revise.



Regular exercise and healthy eating are always important but particularly so when under pressure. Some students may also want to arrange to have a day or evening off during their revision session. Providing this is built in to their timetable then this is perfectly acceptable.