

How can I help my child during the exam season?

Exams are a stressful time for any young person. It's worth considering ways of supporting your child during exam weeks and thinking about how you will react and respond on the day if they don't get the result that they, or you, are hoping for. A key role you can play is making studying at home a normal, routine part of each day. Forming the correct habits early on is essential to enable students to have the motivation to study and the drive to succeed.

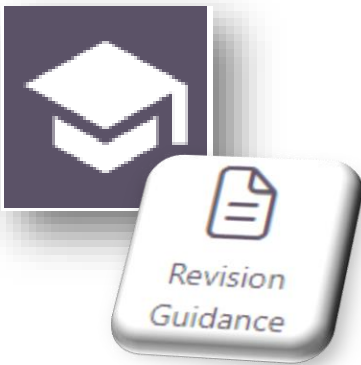


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Create a revision timetable - There are example timetables available on the '[Home Learning Hub](#)' and all students have been issued timetables to complete ahead of their mock exams. Having a structure and a goal to work towards will ensure that you and your child know what is expected each day.

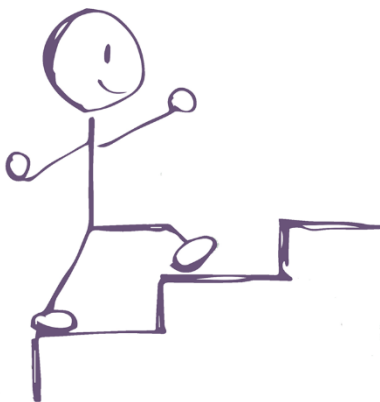


Review online resources - Work with your child to find what revision style works for them. There are videos and resources about different revision techniques on the '[Home Learning Hub](#)'. It is essential to take regular breaks when revising, we advocate the 'Pomodoro technique' which involves revising for 25 minutes followed by a 5-minute break, repeated four times in total.



Utilise the resources online. Each subject has provided students with a breakdown of *how* best to revise in their subject area and *what* students should be looking at. There are links to revision materials on the '[Home Learning Hub](#)'.

Power Hour and Study Hub - Encourage attendance at all 'Power Hour' and 'Study Hub' sessions at school from now up until the exams. Students can benefit from an additional four hours of studying in the school environment each week which will have an impact on progress.



Wellbeing and Sleep - Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing. Make sure they are eating and drinking at regular intervals and getting enough sleep each night. If anxiety is impacting their sleep or wellbeing, seek help from the list below or your GP.

Reassure them – reinforce that you are and will be proud of them no matter what happens. Remain positive and hopeful!

Where can I get help?

In School

For support with wellbeing in school, please contact your child's Head of Year. For support with academic progress and revision guidance, please contact your child's Head of House.

Outside of school

The Mix

- Provides a confidential helpline, email, webchat and telephone counselling service for young people under 25. Advice and information on support services for young people including counselling.
- Freephone: 0808 808 4994 (daily 13:00-23:00)

Student Minds

- Supporting students to look after their mental health.
- Peer support programmes.
- Email: info@studentminds.org.uk

MindEd

- MindEd for families is a website where you can hear about other parents' experiences and find clear, helpful guidance on children and young people's mental health and wellbeing.

Counselling Services

- Beacon Counselling
- 0161 440 0055
- <https://www.beacon-counselling.org.uk/>

Exam Results Helpline

- Specialist careers advice for helping young people and their families decide on options following GCSE, A Level and Nationals exam results days.
- Helpline: 0808 100 8000
- BBC Bitesize: The Mind Set