

To **Aspire**, **Endeavour** and **Thrive** Together



Year 10 Parent Newsletter - Trial Exams Edition

The Year 10 trial exams start on June 7th, a full timetable can be found on the school website [here](#). These end of year assessments are a valuable opportunity for the students to practise and embed revision strategies and exam techniques. In addition, the data from these assessments will be used to establish the progress and attainment of each student and guide our intervention and support initiatives. This newsletter outlines the examination processes, information on how to revise and advice and guidance on how to support your child with their revision at home.

Exam Routines

We have established routines in school to ensure that every exam starts on time with all students calm and ready to do their best. They will be registered in the theatre and given important final information before being taken to the exam hall. If an afternoon exam finishes after 2.30pm, students will be allowed to go home earlier than the normal 3pm. Students who have a detention will stay and complete their sanction on the day that it is scheduled.

Exam Equipment

Your child must attend all of the exams with all of the necessary equipment. Make sure they have **black pen(s), pencil, ruler** and a **calculator**. They need to be responsible for their own equipment and arrive at all of their exams fully prepared. It's important that they use their own calculator, as many scientific calculators have different functions. Your child needs to be confident using their calculator and not rely on a borrowed calculator which they may not know how to use.

Exam Regulations

All external GCSE and Vocational examinations are governed by the Joint Council for Qualifications (JCQ). Trial exams adhere to the same regulations. Information for candidates can be found [here](#).

One of the rules is that students must not have their phones, watches or any electronic devices on them during the assessments. These must all be switched off and left in their school bag. Failure to do so, may result in a disqualification. You can support this by ensuring that your child's phone is switched off and in their bag at the start of every school day.



Exam Access Arrangements

Some students are eligible for access arrangements. These are a range of support systems the exam boards put into place to reduce barriers some students experience in accessing exams and to ensure all students have an equal chance of success. All exam access arrangements must adhere to the strict rules and regulations of the JCQ (Joint Council for Qualifications) and exist to ensure all students have an equal opportunity during assessments and examinations. If your child meets the criteria for an access arrangement they will be provided with information on how to use it. Their teachers and TAs will be directed to make this their normal way of working.

Top Tip

Make sure your child eats and sleeps properly during stressful exam periods. They should also take time to exercise and spend time with friends and family in between study periods.

To **Aspire**, **Endeavour** and **Thrive** Together



How to Revise

All students took part in our Year 10 THRIVE day on revision and study skills earlier this term. The lessons during the day focused on Pomodoro technique to structure revision, as well as metacognition and revision strategies to do within pomodoros including brain dumps (blurting), mind mapping and flashcards. Teachers delivered this information as part of their curriculum lesson and applied subject knowledge where appropriate. Your child should continue to use these techniques as part of their revision. Here is our ['how to revise'](#) student information.

Study Timetable

One of the most important things a parent or carer can do to support their child's learning is to establish an effective home study timetable. Establish a quiet place for your child to study, ideally at a table, with easy access to stationery and resources. Create a study timetable with allocated study time during the week. First insert the dates of the exams, then work back from these exams to plan when to revise each subject. Remember to add time for relaxing and taking a break. Aim to revise little and often using the Pomodoro technique. More information about revising can be found on our website [here](#) and a blank study timetable template can be found [here](#).

What to Revise

The list of topics are areas to revise is [here](#). Students were given a copy of this on THRIVE day and they should use this to structure their revision.

Mental Health and Wellbeing

Finally, we'd like to share with you some resources from the Greater Manchester Health and Social Care partnership about exam stress and anxiety.

Anxiety: A short guide to anxiety and what can help can be found here [What is Anxiety](#). It is common to develop anxiety at some point. Find out here what causes it and what you can do to feel better. [Anxiety. A guide for young people.](#)

Depression: 42nd street – a short guide and tools to help [What is Depression](#). If you think you might have depression, you're not alone. Find out more about this common, treatable condition and what to do if you're affected by it. [Depression. A guide for young people](#)

Sleep problems: We all have problems with sleeping, waking, or having bad dreams sometimes. If sleep issues are affecting you this guide may help. [Sleep problems. A guide for young people](#)

Wellbeing and self-care Five things that you can do to give your positivity levels a boost and look after your mental health on a regular basis. [5 Ways to Wellbeing](#)

Exam Stress Tests and exams can be a challenging part of school life for children and young people and their parents or carers. But there are ways to ease the stress. [Help your child beat exam stress](#). It is normal to feel a bit worried about exams. Exam stress can cause you to feel anxious and this might affect your sleeping or eating habits. [A guide for young people – exam stress](#)

Thank for your taking the time to read this newsletter please send any questions or enquiries about GCSE exams to lgeary@glossopdale.school