

17th January 2020

Dear Parent/Guardian

Re: Year 13 Pre Public Exams (PPE) – February 24th – 28th Feb

As you are aware, Year 13 students have their PPEs between **February 24th -28th 2020**. These examinations will take place under exam conditions in the Hall or Gym. Please ask your son/daughter to check their personal exam timetable carefully so that they know when each exam takes place. This will be sent to them via Frog in the next couple of days.

The normal Y13 lesson timetable will be suspended during this period for A Level subjects. Students need only attend school if they have an exam.

Over the weeks, leading up to these exams it is important that your son/daughter starts to plan in revision sessions; if they plan their time carefully, they should feel in control and well prepared. Please encourage your son/daughter to plan a revision timetable, which is realistic so that they are able to stick to it. This will help them to organise themselves and ensure that they cover all the necessary material in plenty of time. Your son/daughter should be studying for at least two hours a night during the school week and for at least five hours over the weekend, completing home learning set by teachers and revising in preparation for the PPEs. We appreciate your support and encouragement with this.

The students have had many sessions on how to revise and prepare for the exams, and their tutor and class teachers will continue to remind them of the best strategies over the coming weeks. As you may remember, the 'revision grid' has been presented to the students frequently and the students must refer to this to ensure that they cover all the three stages outlined. The first stage (note taking) is familiar to all students and by this stage in Year 13 most students have already worked their way through this stage. However, it is critical that the other two stages are completed if they are to fulfil their potential at A Level. Students who fail to practise stages 2 (quizzing/self testing) and 3 (practising past papers, examiner reports and peer study groups) are always disappointed with their final grades. The revision grid is attached

Please find our Study Skills and Revision Guidance booklet on the 6th Form area of Frog. This is a large but easy to use document that takes the students through a number of tried and tested study and revision strategies.

It is perfectly natural for students to feel more stress and anxiety in the build up to exams, in fact a bit of stress is very good for their motivation to revise. Our mental health colleagues often remind us that avoidance feeds anxiety – where the risk is that students may leave their revision too late and thus feel overwhelmed. From experience the students that cope best are those who pace out their revision; they plan a schedule, are focused in the set times for revision and relax at other times. Cramming is not recommended...it is much better to go for the steady long-term approach to revision with the linear A Level exams. It is important to remind your son/daughter of the importance of a good sleep schedule during this period. They have just had a very informative workshop on the huge importance sleep has on memory and well-being. The sleep presentation is available on the 6th Form area on Frog if you wish to review this information further.

If you have any questions regarding the exams, or wish to discuss further support or strategies to help your son/daughter please do not hesitate to contact myself or Mrs Bellis, Head of Sixth Form Pastoral. We are here to help.

Yours sincerely

Head of Sixth Form
Teaching and Learning

Head of Sixth Form
Pastoral