



Top Tips to Help you Support your Child with Exams



Top Tips



Make sure your child eats well



A balanced diet is vital for your child's health, and can help them feel well during exam periods. Some parents find high-fat, high-sugar and high-caffeine foods and drinks, such as energy drinks, cola, sweets, chocolate, burgers and chips, make their children hyperactive, irritable and moody.



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Help your child get enough sleep



Good sleep improves thinking and concentration.

Most teenagers need 8 to 10 hours' sleep a night.

Allow half an hour or so for your child to wind down between studying, watching TV or using a computer and going to bed, to help them get a good night's sleep.



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Be flexible during exams



Be flexible around exam time. When your child is revising all day, do not worry about household jobs left undone or untidy bedrooms. Staying calm yourself can help. Remember, exams do not last forever.



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Get the balance right



**Agree the balance between work and social life and stick to it.
Flexibility is the key – if a special night comes up agree with them
when they will make the work time up.**



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Help them study



Make sure your child has somewhere comfortable to study. Ask them how you can support them with their revision. Help them come up with practical ideas that will help them revise, such as getting hold of past papers for practice.



REVISION TIMETABLE						
MON	TUE	WED	THU	FRI	SAT	SUN
8AM - 10AM REVISE SUBJECT 1	9AM - 11AM REVISE SUBJECT 1	8AM - 11AM REVISE SUBJECT 1	8AM - 11AM REVISE SUBJECT 1	8AM - 11AM REVISE SUBJECT 1	10AM - 12PM REVISE SUBJECT 1	REST!
BREAK!						
11:30AM - 1:15PM REVISE SUBJECT 2	11:30AM - 1:15PM REVISE SUBJECT 2	11:30AM - 1:15PM REVISE SUBJECT 2	11:30AM - 1:15PM REVISE SUBJECT 2	11:30AM - 1:15PM REVISE SUBJECT 2	12:45PM - 2:45PM REVISE SUBJECT 2	REST!
BREAK!						
2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	2PM - 4PM REVISE SUBJECT 3	3PM - 5PM REVISE SUBJECT 3	REST!
BREAK!						
4:30PM - 6:15PM REVISE	4:30PM - 6:15PM REVISE	4:30PM - 6:15PM REVISE	4:30PM - 6:15PM REVISE	4:30PM - 6:15PM REVISE	GO HAVE FUN	REST!



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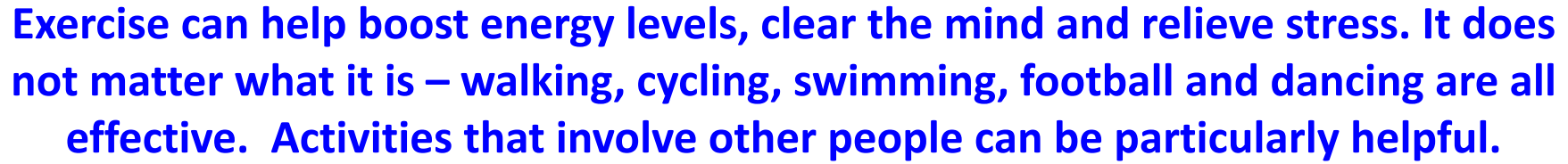
Talk about exam nerves



Remind your child that it's normal to feel anxious. Nervousness is a natural reaction to exams. If your child becomes overly anxious or withdrawn, encourage them to speak to you or another trusted adult.



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With your child, think about rewards for doing revision and getting through each exam. Rewards do not need to be big or expensive. They can include simple things like making their favourite meal or watching TV.





Know what additional support is being offered



Check Satchel:One and your text messages/emails so that you are aware of what support the school is offering in terms of Booster Sessions and holiday revision sessions.



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