



HIGHSTED GRAMMAR SCHOOL

10 Parental Pointers for Supporting Children Through Examinations

1. Support your child with carrying out their revision timetable. Ensure extra curriculum activities and other events are accounted for and revision is planned around these. By placing a copy on the fridge, or in another central location, it will ensure all family members can support with motivation and completion of the revision.
2. Ensure targets for each revision slot are achievable and rewarded when achieved e.g. watch part of a favourite programme, or play a game etc. Be aware if your child starts to feel stressed or struggling to cope with revision and support with setting small targets.
3. Encourage rest breaks, at around half an hour to an hour, for 5-10 minutes to enable refocusing but also to provide a nutritional snack.
4. Organise a regular space to study which is quiet and away from distractions. If TVs and mobile phones are in the room ensure they are switched off during the revision time.
5. Ensure revision finishes at an appropriate time to ensure a good night's sleep can occur before an exam and continue throughout the exam period.
6. Allow for peer, or group revision sessions or revision tasks on the computer if available.
7. Ensure your child knows:
When their exams will be?
What will be examined for each subject?
What types of questions to expect in the exam?

Encourage your child to speak to staff in school if they are unsure of any information and complete the Revision Guide booklet.
8. Offer support with revision, by listening to information, recapping key terms and definitions together or by testing information on flash cards.
9. Time practice questions / essays if required, to support your child complete questions under timed exam conditions.
10. Make sure your child has all the essential books and materials required for revision, and for completion of the test.

Good nutritional food at regular intervals, with time spent away from revision, will aid to ensure your child stays motivated throughout the examination period.

If you have any questions, please contact the school to discuss.