

NHT/JJA

09 May 2023

Dear parent/Carer

RE: HOW PARENTS CAN BEST SUPPORT THEIR CHILD THROUGH THE EXAM SEASON

We know that the next seven weeks is going to be an extremely tough and stressful period for your children. Trying to balance and manage everything that is required of them can be very difficult during this time and many will not have experienced this level of stress and challenge ever before. We also know that this can be incredibly challenging for you as a parent as well, so we have taken some of the best guidance for how parents can best support their child through the exam season.

Five top tips to support your child.

1. Know that your support matters

Parental support has been shown in multiple studies to be more important than social class in determining grades at GCSE. Children who have the support of their parents perform better at GCSE and have higher aspirations. It does not matter if you did not have a positive experience of education yourself – what matters is that your child feels supported by you to reach their full potential. Find time to talk to your child about the subject material they have been revising and what they have been learning. They might not always want to tell you but you showing an interest in their journey will show them it matters.

2. Ensure they have a distraction-free study space

Exam time is highly stressful. With huge specifications to cover over several different subjects. Plus, students are getting to grips with learning how to revise. Your child will need a quiet space where they can focus. Whether it is in their bedroom, a study room or living room table. Make sure they have a designated space they can revise during their revision hours and there is no distractions like other children running around, television on loudly or video-games.

3. Encourage breaks

During revision weeks, do remember to encourage breaks. You know your child best. Some children get so anxious during exam periods they think if they are not revising constantly, they will not do well. Whilst others will be having a break every fifteen minutes! It is all about balance and trying to establish what that is for your child can be tricky.

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Chief Executive Officer: Vikki Reid.

The GLC is committed to safeguarding and promoting the welfare of children and young people and expect all staff, volunteers and visitors to share this commitment.



Remember that a well-timed break from revision can improve focus and understanding but that does not mean Netflix marathons every day either. Research suggests the most effective timings to maximise the amount of information uptake is short blocks of 20-minute revision sessions with a 5-10-minute break in between. They should revise a different topic or subject in every 20-minute revision session

4. Keep an eye on their nutrition

Eating well during revision and exam periods is hugely important. For example, research shows that students who eat breakfast on exam days perform better and poor hydration can have a hugely negative effect, leading to a lack of focus and poor ability to concentrate. Try to encourage good hydration (water is the best) and a varied diet and if they have been tucked away for hours revising take them a high energy snack – some children will need to be reminded to eat!

Try to ensure lots of fresh fruits and vegetables are eaten, lots of good fats, proteins and whole grain foods. You can find lots of fun and tasty 'exam-day breakfasts' online with a quick Google search.

5. Make sure they get a good night's rest

Sleep is more important than many of us think. In the long term, a lack of sleep is linked with disorders like obesity and Alzheimer's. In the short term, sleep helps your child process the study material they have learnt and improve their memory. Research has shown a relationship between sleep length and exam performance in students. Make sure your child has a night-time routine. They should stop working at a set time each night so they can unwind and relax before bed. You may also want to turn off phones and TV before bedtime as these can be huge distractions. The national sleep foundation recommends that teenagers should sleep between 8 to 10 hours a day. It may be an idea to discuss a phone agreement during the exam period. We know that some children are actively using their phones until the early hours of the morning and do not always have the self-discipline to ignore the sound of a new message. Interrupted sleep can have an extremely negative impact on brain function.

If we can help or support you in any way during this stressful period, then please do not hesitate to contact Mrs Bruce (laura.bruce@theglc.org.uk) Progress Lead for Year 11 or Mrs Fuller (anna.fuller@theglc.org.uk) Lead Coach for Year 11. We know this list may seem obvious to many of you but sometimes we all need a little bit of help to be great!

Your sincerely

A handwritten signature in black ink, appearing to read 'N Hunnisett', with a long horizontal stroke extending to the right.

Mr N Hunnisett
VICE PRINCIPAL