

## Countdown to Success Parent Newsletter 4 (May 2017)



Update from Mrs Dean:

### **We are almost there!!**

Exams for some students, begin on 16 May 2017 with the final exam on 29 June 2017.

All students have now received their exam timetables and hopefully they have shared this document with you.

**Year 11 Prom** – Taking place on the **12<sup>th</sup> July at The Lion Quays Hotel and Spa**. The event is now full.

### **Exam Course Booklet / Countdown to Success Revision Booklets**

<http://marchesschool.co.uk/parents-students/year-11-countdown-to-success>

A reminder that that the parents can access both booklets on the school website.

### **Revision School - Thursday 8th June**

As a long tradition at The Marches School students start Revision School part way through the exams process. The exam period runs from the 15th May until Friday 23rd June. This year Revision School starts on Thursday 8th June.

Students are expected to attend all lessons up to the end of school on Wednesday 7th June when students will gather for a special Celebration Assembly in the afternoon. Once Revision School starts, students only attend lessons in which they still have exams to take or coursework to complete as determined by their class teacher. Obviously, if students have an exam at any time, they attend that exam rather than attending a Revision School Lesson.

If this raises any questions, please contact the Year 11 team at [rowe.a@marchesschool.net](mailto:rowe.a@marchesschool.net)

### **Staying Healthy During Exams**

The exam season can be a stressful time. For many students the examination period lasts for well over a month and we all need to be prepared for the process. Students need to remain resilient and motivated and families often don't know what to say in support. There have been reports in the news recently about increasing levels of stress and anxiety for young people regarding examinations. Please follow the links below to advice for parents from various websites:

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Examstress.aspx>

This page from the NHS gives some useful reminders about how the family can support young people during examinations.

<http://www.familylives.org.uk/advice/teenagers/school-learning/exam-stress/>

<http://www.parentline.com.au/parenting-information/tip-sheets/exam-stress.php>

These websites offer direct advice and practical ideas for families, especially on what can be the tricky process of managing post-exam conversations, the "how did it go?" scenario.

<http://www.bbc.co.uk/programmes/articles/1HsY1X8ySjKBMVXPVCbP4gH/exam-stress>

Here the BBC Radio 1 gives some student-friendly advice on exams.

**Overall the advice suggests that families:**

1. Watch out for exam stress
2. Ensure your child eats well at exam time
3. Sleep helps exam performance
4. Be flexible at exam time
5. Help your child revise
6. Discuss any exam nerves
7. Encourage exercise at exam time
8. Don't add to exam pressure
9. Ensure your child takes regular exercise

**Help for exams**

Make sure you bring all required equipment i.e. pens, pencil, ruler, rubber, highlighter and calculator in a clear pencil case or plastic bag

No mobile phones or technology watches etc

Water in a clear bottle with no label

Wear the correct uniform

Make sure you arrive at the exam venue at least 15 minutes prior to the start of the exam

If you need any further assistance, please feel free to contact me, Mr Kemble, Mrs Grassby or Mrs Rowe

**On a more personal note**

**It has been a great pleasure to be your Progress Leader for the last 3 years, I wish you well for your exams and the future. I have seen all Year 11 mature and become independent young people ready for whatever future path they choose to follow. I will say more in the final newsletter.**



And finally.....

Any donations of uniforms would be greatly appreciated once students have sat their final exam. They can be dropped off in front reception at any time. This allows us to support students in need to access their education.