

15 March 2019

Dear Parents and Carers,

We appreciate that exam time can be difficult for parents too. I have therefore included some guidance below from the NHS website that may help you to support your son/daughter and minimise the stress that this period no doubt brings. Further information can be found via the link below.

Source: <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>

### Help your child beat exam stress

#### ***What you can do to help:***

- ✓ Watch for signs of stress
- ✓ Make sure your child eats well.
- ✓ Help your child to get enough sleep.
- ✓ Be flexible during exams.
- ✓ Help them to study.
- ✓ Talk about exam nerves.
- ✓ Encourage exercise.
- ✓ Don't add to the pressure.
- ✓ Make time for treats.

We will be sending more information through about exams and results day shortly. Please check our website for further exam information as this has just been updated with useful documents including a Revision Timetable Template, a booklet on Exam Rules and a booklet on what to do on Results Day.

In the meantime, two dates to look forward to are **Thursday 19th June**, the last day of exams, and the **Leavers Prom on Saturday 22<sup>nd</sup> June**.

Best wishes,

Lucy Butler

**Miss Lucy Butler | Director of Sixth Form**

**Saint Gregory's Bath**

**T 01225 832873 | F 01225 835848**

*"In Christ we flourish"*

[Copy of letter sent to students: Attachment: revision planner](#)

Combe Hay Lane, Odd Down, Bath, BA2 8PA

**T 01225 838232 | F 01225 835848 | E [info@newsixthbath.org.uk](mailto:info@newsixthbath.org.uk)**

**[www.newsixthbath.org.uk](http://www.newsixthbath.org.uk)**

Dear Students,

**Using Easter to break the back of your revision load will really help you feel more confident and more prepared for your exams.** Please find attached a model Revision Planner to help you manage your time from Easter right up until your exams. Remember that the plan itself is not as important as actually doing the revision so make sure you action the plan that you make, revisiting it and making changes should it be overly optimistic or not cover a sufficient quantity.

When Jeremy Dry visited from Maximise Your Potential, he shared some *apps that you may wish to download* onto your phone so that rather than technology being a distraction, it can become a useful element to aid your revision. Some of the suggested apps are included below:

- Anki
- Quizlet
- Memrise
- Gojimo
- Self control

*Choose your revision environment carefully;* look to minimise distractions from others and your surroundings. Pick somewhere quiet with room for your resources. Also remember the guidance that was given about music – instrumental music can support quality revision but beware of using music with lyrics as this may negatively impact the quality work you are doing.

*Finally, remember that revision should be transformational.* You are not revising if you are reading your notes. You need to do something to ensure the content is committed to your longer term memory. Be as active in the process as possible and provide yourself with opportunities to assess how successful you have been; attempt past papers and practice the examination skills. Ultimately you are not assessed on the quality of your mindmap skills but rather your ability to answer the question successfully. Read the examiner reports online to help you avoid the errors previous candidates have made.

**There is no quick fix to the revision process. It is about discipline and hard work but remember that, before long, this will all be a distant memory and you can relax knowing you have done your best by yourself and your future.**

Finally, remember that school reopens for normal lessons/revision immediately after Easter on **Monday 9th April**. **Study Leave** will begin on **Friday 18th May** immediately after a small celebration in the Well during Periods 1 and 2.

We will be sending more information through about Exams and Results Day after the Easter Holiday. In the mean time two dates to look forward to are **Monday 25th June**, the last day of exams, and the Leavers Prom at Bailbrook House **the day after!**

Good luck!

Miss Butler and Miss Bowman