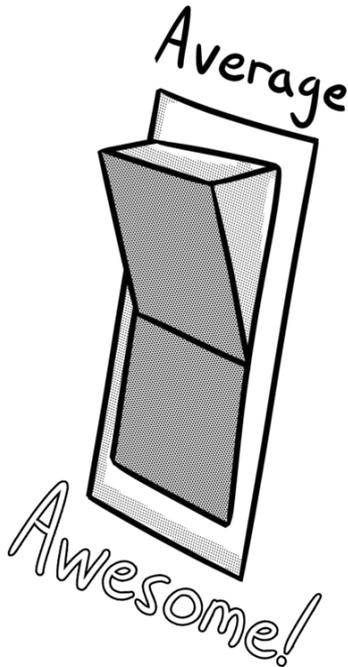


Did you know?



Resilience is one of the greatest of attributes and learning how to be resilient can take our young people far. As Nelson Mandela said, 'Do not judge me by my success, judge me by how many times I fell down and got back up again.'

Your son/daughter will have to deal with a number of knockbacks when they are in Key Stage 5 as they prepare for their final exams – it is important to do everything that we can to ensure that they perform to the best of their ability.



What can you do?

There are three areas you can help them with: Stamina, Preparing to Perform and Power to Perform.

Stamina

It is important that your son/daughter is able to handle the pressure of writing and thinking for a long period of time. Mocks (sometimes called PPEs) are important because it is similar to the real experience in the summer. Do encourage them to take these exams seriously – as if they were the real thing. Encouraging them to plan their revision is also really helpful.

Prepare to Perform

Leading up to mocks/PPES or external exam periods, it is important that they are able to sleep well, switch off from work at least an hour before they go to sleep and keep their phones at a distance. The glare of phone screens does not aid restful sleep. One of the most helpful things you can do for your child is to help them get into a good winding down routine.

Power to Perform

Health and physical wellbeing is also really important. It is helpful if students can eat the type of food that will give them energy through an exam. If they eat lots of sugar before exams, their energy levels can easily drop in the exam. We have recipes and suggestions of appropriate snacks which will keep their energy levels consistent.

We have an accompanying Prepare to Perform leaflet for you.

In summary:

1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns - keep regular
7. Unplugging phones & devices
8. Staying cool and calm
9. Belief
10. Be supportive