

Welcome!



Supporting Your Child Through Exams

28th January 2026

Mrs Ribbans – Head of Year Welcome



Mr Peel – Student Agency



Student Agency



“Their capacity to take action to secure deeper learning **for themselves**” – This is the shift from KS3 Engagement, to KS4 Independence

It involves making choices, putting in effort without being chased, using feedback, and taking responsibility for progress.



Exams Reward Independence

Year 11 is a crucial year where independence becomes essential.

Teachers can support and guide, but students must practise, revise, and apply feedback themselves to succeed.

In exams, students have:

- No hints
- No prompts
- No second chances

Students who can think independently cope better with pressure.

Effort Over Ability



Progress in Year 11 is driven by effort rather than natural ability.

Students who ask questions, act on feedback, and revise actively make the greatest progress.

Small Actions, Big Impact



We encourage students to:

- Start work promptly
- Attempt every question
- Act on feedback
- Revise little and often

These habits lead to higher grades.

Preparing for Life After GCSEs



Student agency prepares young people for:

- Sixth form and college
- Apprenticeships
- Employment

Independent learning builds confidence and resilience.

What Student Agency Looks Like in School

- Starting work without waiting
- Having a go, even when unsure
- Using feedback to improve
- Asking how to get better
- Revising actively



What Student Agency Is Not

- Being perfect
- Never needing help
- Working alone
- Knowing all the answers

It is about effort, not ego.



How Parents Can Support



You can help by:

- Encouraging independent revision
- Asking about feedback and targets
- Supporting good routines
- Promoting effort over outcomes

Key Message



The more responsibility students take now, the more control they have over their results.

School and home working together makes the difference.

Supporting Your Child in Year 11



Preparing students emotionally and practically for exams

Key pastoral messages for parents

Working together to support success

Exam Stress: What's normal?

Some stress is normal and healthy

Ongoing anxiety is not

Please contact school if you notice:

- . Withdrawal or low mood
- . Irritability
- . Sleep difficulties
- . Avoidance of school or revision



The Importance of Routine




Routines reduce anxiety and build confidence

Support students with:

- Regular sleep times
- Short, focused revision sessions
- Planned breaks and downtime



Gold Evening: Evening Revision Timetable:



4-4.30	4.30-5	5-5.30	5.30-6	6-6.30	6.30-7	7-7.30	7.30-8	8-8.30	8.30-9	9-9.30	9.30-10
	Causes of WW1		12 mark question in Citizenship (Rights)		Trigonometry			Question 4 English Language paper.			

Gold - 1/3 of your evening studying: 4 half hour sessions

Silver - 1/4 of your evening studying: 3 half hour session

Bronze - 1/6 of your evening studying: 2 half hour sessions.

Negotiate the number of Gold, Silver and Bronze evenings. P6's count and as you head towards the exams, the number of Gold evenings need to increase to most evenings.

	4		5		6		7		8		9	
M	Maths	History			Science	Geog						
T	English				RE	Science						
W	Geog				RE	Spanish			Bus Studs			
Th	Spanish	Maths			English							
F	History				Bus Studs							
Sa												
Su												

2 Gold nights (4 x 30 mins) = 8 sessions Monday/Wednesday
 2 Silver nights (3 x 30 mins) = 6 sessions Tues/Thurs
 1 Bronze night (2 x 30 mins) = 2 sessions Friday
 16 sessions Total

16 Sessions across 8 subjects:

Maths 2	History 2
English 2	RE 2
Science 2	Geography 2
Spanish 2	Business Studies 2

This students schedule
 Gold = 4 x 30 mins
 Silver = 3 x 30 mins
 Bronze = 1 x 30 mins

Attendance Is Pastoral Support



Being in school provides:

- . Structure and routine
- . Access to adult support
- . Reassurance and consistency

Avoid unnecessary absence during this period

Screen Time and Sleep



- Late-night phone use increases anxiety
- Poor sleep affects focus and memory
- Encourage healthy boundaries, especially before bed

Key Message



The support you provide at home makes a real difference

Wellbeing + routine + encouragement = readiness for exams

Thank you



Thank you for your continued support.

Please contact Tutors or myself with any concerns, questions or queries. I am always happy to help.