

# Welcome!



Supporting Your Child Through Exams  
28<sup>th</sup> 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 student's 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.