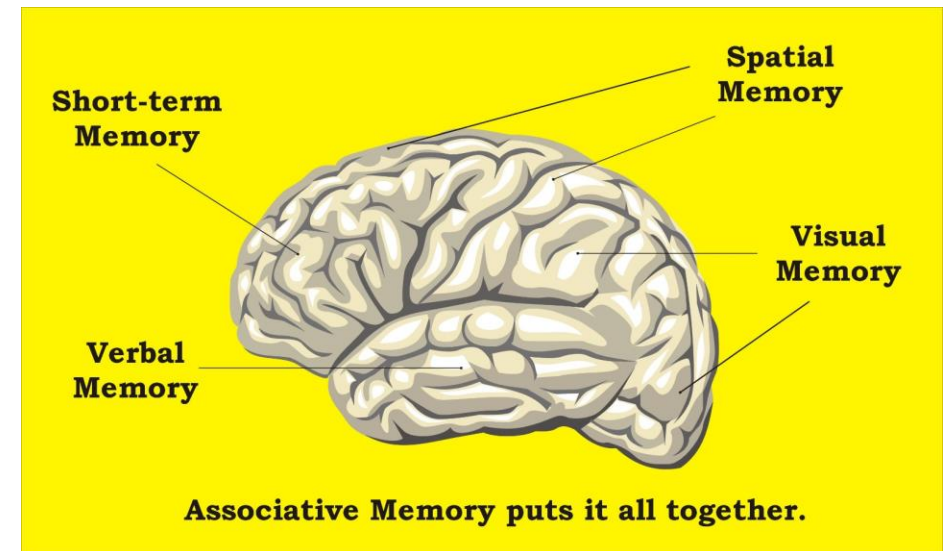


Supporting your child  
through KS4

How could you help your  
child with revision?

# What do we know about revision?

- Evidence of strategies that work include:
  - "Students who can test themselves or try to retrieve material from their memory are going to learn that material better in the long run" (Dunlosky: 2013)
  - "distributed practice" (Dunlosky: 2013) – practicing answering repeated over time.
  - Attention span for teenagers and young adults is between 10 – 20 minutes (Wilson et al 2007)
- In summary, what works?
  - Short focused revision sessions (between 10 and 20 minutes long) over a period of time with a focus on 'practicing' or trying to answer questions.



# Top tip: Pomodoro technique

1. Decide on the task to be done.
2. Set the timer (traditionally to 25 minutes).
3. Work on the task.
4. End work when the timer rings and put a checkmark on a piece of paper.
5. If you have fewer than four checkmarks, take a short break (3–5 minutes), then go to step 2.
6. After four pomodoros, take a longer break (15–30 minutes), reset your checkmark count to zero, then go to step 1





# What will we offer in school?

- All departments will offer various interventions and support sessions – these will be published online as soon as we have all of them in.
- We have revision materials which students can purchase from the library for a small fee.
- Some tutor times will focus on supporting students by teaching revision methods with some time to practice these methods.
- We will continue to offer high-level pastoral support through counselling and youth work.
- The library in school will also be open every day until 4pm – students can use this space to quietly get on with revision.

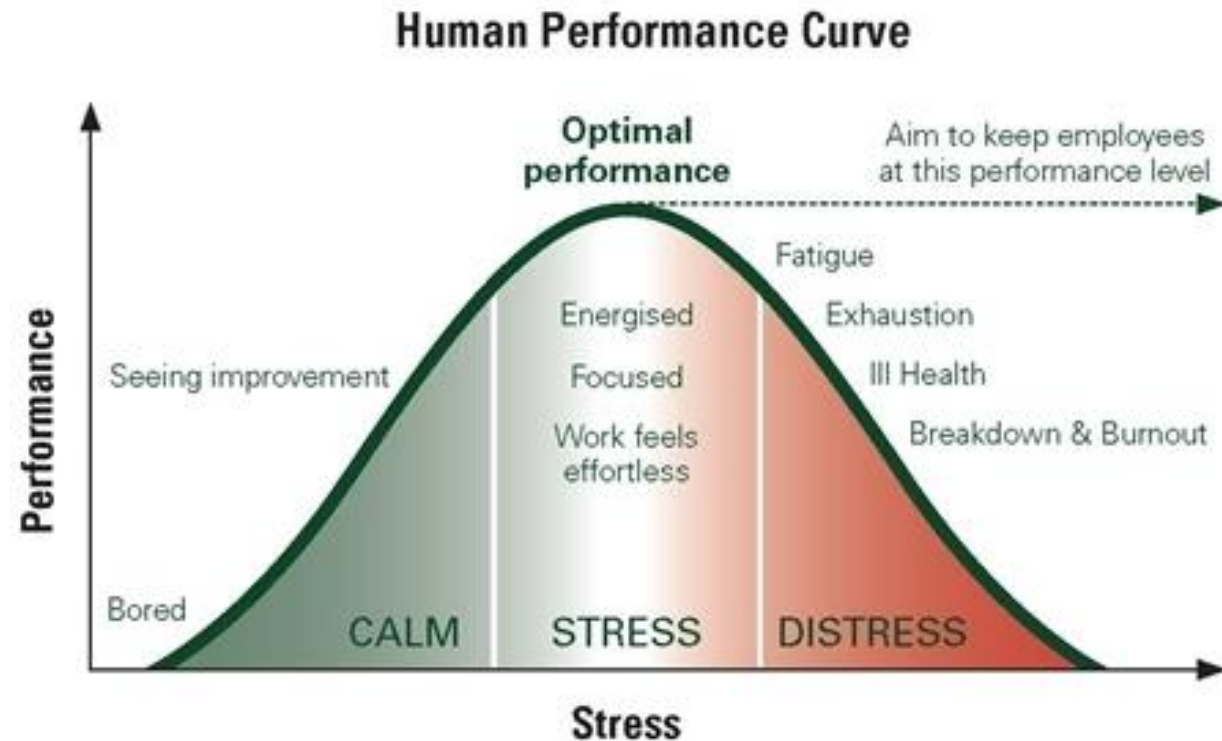


How could you help your  
child with stress?

# What is stress?

- emotional experience accompanied by predictable biochemical, physiological and behavioural changes
- Some stress can be helpful – it can create a boost!
- Stress begins in the amygdala, part of the brain responsible for processing stimuli
- It then sets off a chain of changes in the body.
- These related to the ‘fight or flight’ response.

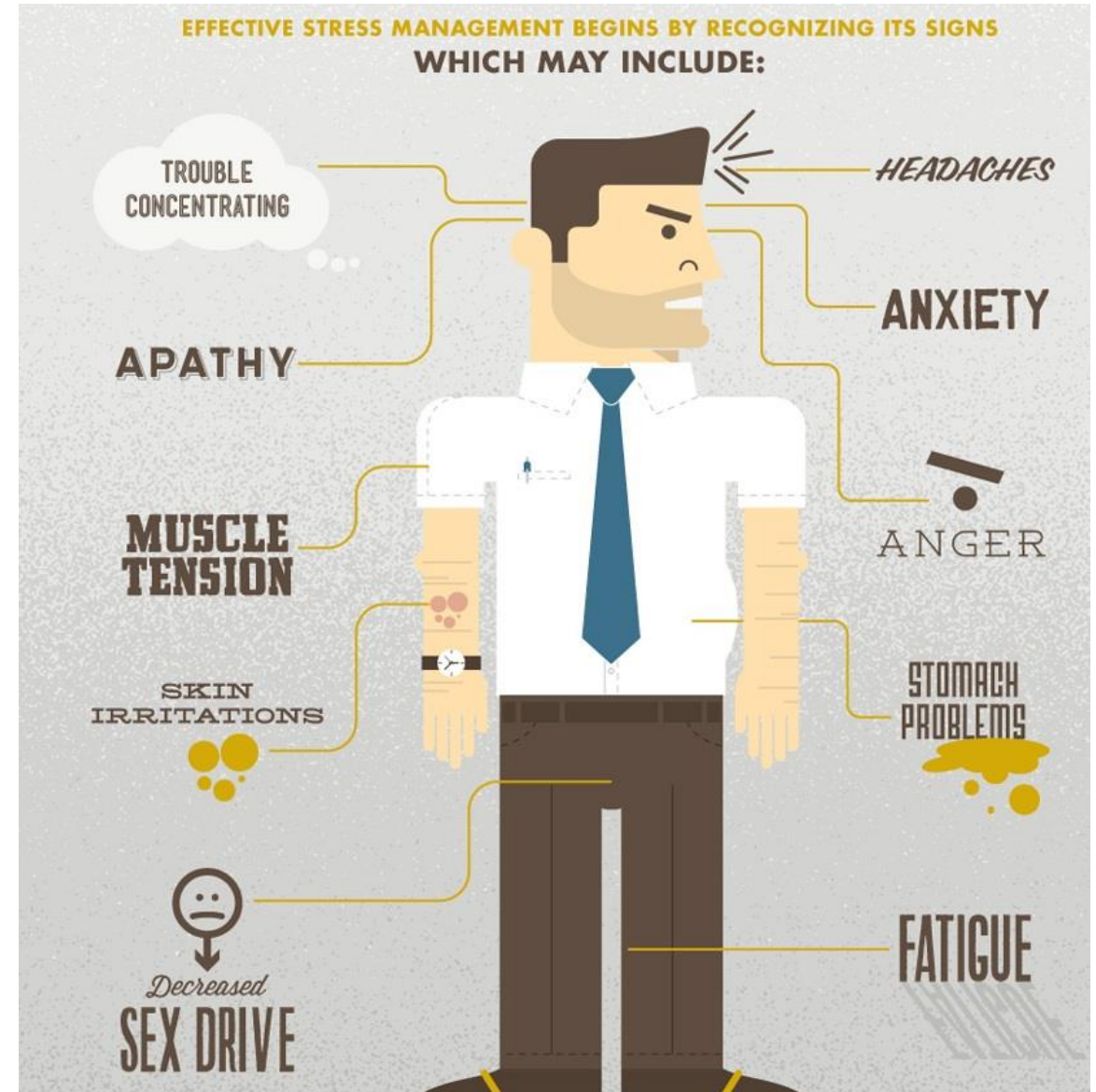
Figure 1: The Yerkes-Dodson Human Performance and Stress Curve





# What are the signs of too much stress?

- Feeling tense – this might be seen in muscle aches
- Getting lots of headaches and stomach pains
- Not sleeping well
- Irritability
- Loss of interest in food or eat more than normal
- Not enjoying activities previously enjoyed
- Seem negative and low in their mood
- Worry more!
- The future feels hopeless!



## What to do if you are very concerned about your child's mental health

- "...crisis is a perception or experience of an event or situation as an intolerable difficulty that exceeds the person's current resources and coping mechanisms." (James and Gilliland, 2001)
- Talk to your GP
- If your child is in crisis:
  - Call NHS 111 if your child requires urgent but not emergency care
  - Visit A&E or call 999

Are you in a mental health crisis?

Then call...

**NHS**

First Response Service



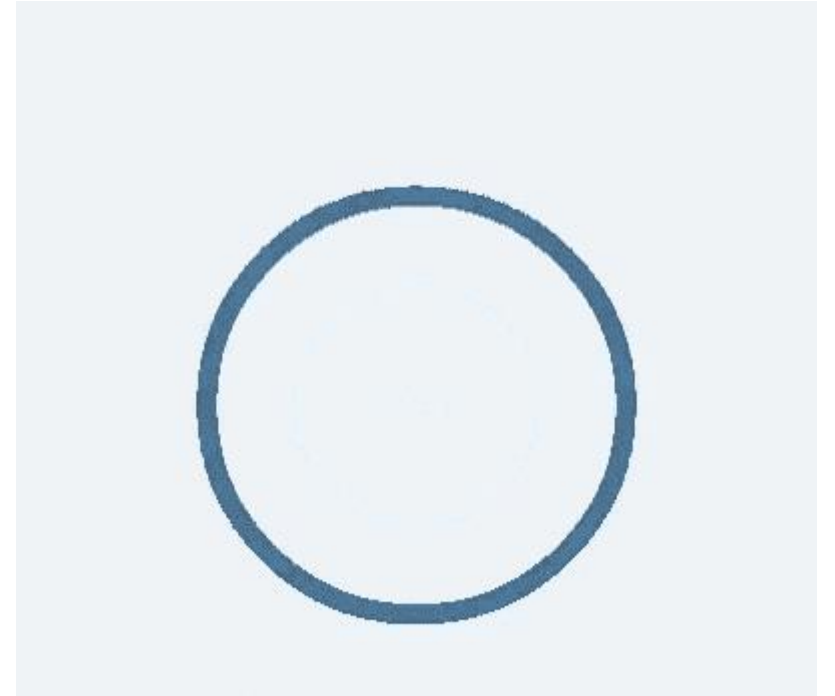
**111**  
**option**  
**2**

A dark blue, irregularly shaped graphic with a splatter effect, containing white text. The graphic is centered on a white background and has a rough, hand-painted appearance with various shades of blue and white splatters around its edges.

What can be done to  
help deal with stress?

# Breathe!

- When we slow down our breathing we start to reduce stress
- Try to breathe in for 4, hold for 7 and breathe out for 8.
- Smiling while doing this increases the benefits even more!!!



# Sleep is the best medicine

- Most teenagers need between 8 – 10 hours sleep a night.
- The brain usually needs 15-30 minutes to wind down after studying, using a computer or watching TV. This needs to be factored into bedtime routines
- A regular sleep pattern is proven to reduce stress i.e. trying to go to bed at around the same time and getting up at the same time every day.
- All-night cramming sessions do not work!

**10 TIPS FOR Better Sleep**

- 1. MAINTAIN A CONSISTENT DAILY SCHEDULE** (Icon: Clock)
- 2. REDUCE YOUR DAILY CAFFEINE INTAKE** (Icon: Coffee cup with a red 'X' over it)
- 3. TURN OFF THE COMPUTER OR TELEVISION** (Icon: TV screen)
- 4. DON'T GO TO BED ON A FULL STOMACH** (Icon: Stomach diagram)
- 5. DON'T GO TO BED ON AN EMPTY STOMACH** (Icon: Stomach diagram)
- 6. ENGAGE IN REGULAR EXERCISE** (Icon: Dumbbell)
- 7. LIMIT BEVERAGE CONSUMPTION BEFORE BED** (Icon: Toilet)
- 8. KEEP YOUR BEDROOM DARK & QUIET** (Icon: Light switch with a red 'X' over it)
- 9. INVEST IN A COMFORTABLE MATTRESS, PILLOW & BEDDING** (Icon: Mattress and pillow)
- 10. GO TO SLEEP AND WAKE UP USING YOUR INTERNAL ALARM CLOCK** (Icon: Alarm clock)

signatureMD  
www.signatureMD.com  
Infograph "10 Tips for Better Sleep" Created by SignatureMD © 2011



# You are what you eat!

- When we are stressed the body craves sugar and fat.
- However, foods that are high in sugar and fat lower mood and can lead to further stress!
- Would it be possible to go shopping with your child and encourage them choose healthier snacks?

## Talk about it

- Recognising the signs and causes of stress actually begins to reduce stress
- 'A problem shared is a problem halved' – true!
- Encourage your child to talk to you or another trusted adult.



# Exercise!



[www.dinainthelibrary.com](http://www.dinainthelibrary.com)

- Exercise has many proven benefits for stress reduction.
- Evidence suggests that 60 minutes of High intensity interval training or 40 minutes of walking can improve mental health and have other benefits.
- Using exercise in rest breaks can also improve learning and retention.



# Keep calm and carry on



- Keep positive, if things go wrong focus on the next exam.
- It can be really hard to stay calm but nagging or negativity won't improve the situation.
- If you need support talk to us in school.
- Ask your child if they would like you to help with revision.
- Try to find something positive to do together e.g. watch a TV program, cook a favourite meal, visit Cambridge.

## 6 stress reducing tips

- Breathe!
- Sleep!
- Eat!
- Talk!
- Exercise!
- Keep calm and carry on!



# Resources

- Search for: Anna Freud resources for schools. – really useful guide for parents and carers.
- Page 28/29 in student planners have a huge range of resources.
- Raising teens courses will begin next term (watch out on CombertonPost).