

Supporting your child
through exams

Strategic revision planning Recommendations

The process (building an individual timetable):

1. Work out, in general, the number of hours of revision your son/daughter would be realistically able to do over the revision and exam period.
2. Allocation of hours per subject – Look at the specifications – how does your son/daughter feel about each subject (confidence levels).
3. Weekly timetables.
4. The exam period itself.

Revision timetable – strategic plan.

Week beginning Monday:	Week	Hrs	Based on	Subject	Exam Board	Revision time	
Jan-22	1	11	Science - Biology	2hrs/evening x 4 evenings - 3hrs on 1 day at the weekend	Eng Lang and Lit	AQA	4 weeks
Jan-29	2	11	Eng Lit	2hrs/evening x 4 evenings - 3hrs on 1 day at the weekend	Maths	AQA	2 weeks
Feb-05	3	11	Science - Physics	2hrs/evening x 4 evenings - 3hrs on 1 day at the weekend	Combined Science - Trilogy Route	AQA	6 weeks
Feb 12th half term	4	15	Eng Lit	3hrs per day 5 out of 9 days	Geography	AQA	2 weeks
Feb-19	5	11	Science - Biology	2hrs/evening x 4 evenings - 3hrs on 1 day at the weekend	History	OCR B (SHP)	2 weeks
Feb-26	6	11	Maths	2hrs/evening x 4 evenings - 3hrs on 1 day at the weekend			
Mar-05	7	11	Science - Physics	2hrs/evening x 4 evenings - 3hrs on 1 day at the weekend			
Mar-12	8	11	History	2hrs/evening x 4 evenings - 3hrs on 1 day at the weekend			
Mar-19	9	11	Science - Chemistry	2hrs/evening x 4 evenings - 3hrs on 1 day at the weekend			
Mar-26	10	11	History	2hrs/evening x 4 evenings - 3hrs on 1 day at the weekend			
April 2nd Easter	11	18	Science - Chemistry	3hrs per day 6 days			
April 9th Easter	12	18	Geography	3hrs per day 6 days			
Apr-16	13	14	Maths	2.5hrs/evening x 4 evenings - 4hrs on 1 day at the weekend			
Apr-23	14	14	Eng Lang	2.5hrs/evening x 4 evenings - 4hrs on 1 day at the weekend			
Apr-30	15	17	Geography	3hrs/evening x 4 evenings - 5hrs on 1 day at the weekend			
May-07	16	17	Eng Lang	3hrs/evening x 4 evenings - 5hrs on 1 day at the weekend			

Shade out areas where you and your family have plans:

- Clubs and activities
- Social with friends
- Social with family
- Build in free time (Friday and one day at the weekend)
- Other

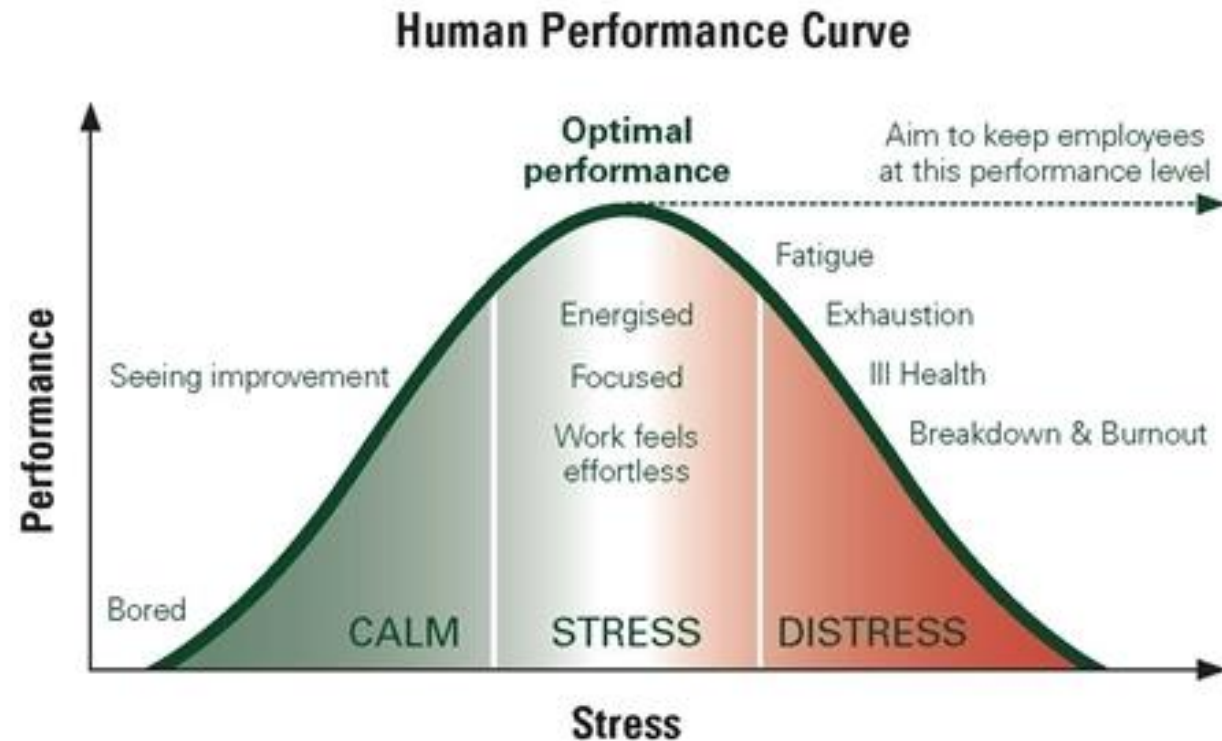
The examination period

	The examination period		Evening revision	Hours
Date	am	pm		
Monday 7th May	Eng Lit	Chemistry	Geo	2+2+1
Tuesday 8th May			Physics	2.5
Wednesday 9th May			Eng Lit - Poetry	2.5
Thursday 10th May			Eng Lit - Poetry	2.5
Friday 11th May				
Saturday 12th May		Biology		4
Sunday 13th May		Biology + Chemistry		4 + 2
Monday 14th May			Biology	4
Tuesday 15th May		2.00 - Biology paper 1	Biology + Chemistry	2 + 2
Wednesday 16th May	Chemistry	Chemistry	Chemistry	6
Thursday 17th May	9.30 - Chemistry paper 1		Maths	2
Friday 18th May				
Saturday 19th May	Maths	Geography		3 + 2
Sunday 20th May	Geography	Eng Lit - Shakespeare		3+3
Monday 21st May	Geography	Eng Lit - 19th Century Novel		3+3
Tuesday 22nd May	9.15 - Eng Lit paper 1	1.45 - Geography B Component 1 Investigating Issues		
Wednesday 23rd May	Physics	2.00 - Physics - paper 1	Maths	3 + 2
Thursday 24th May	9.30 - Maths non calculator	Eng Lit - Drama Text	Eng Lit - Poetry	4
Friday 25th May	9.30 - English Lit paper 2			

What is stress?

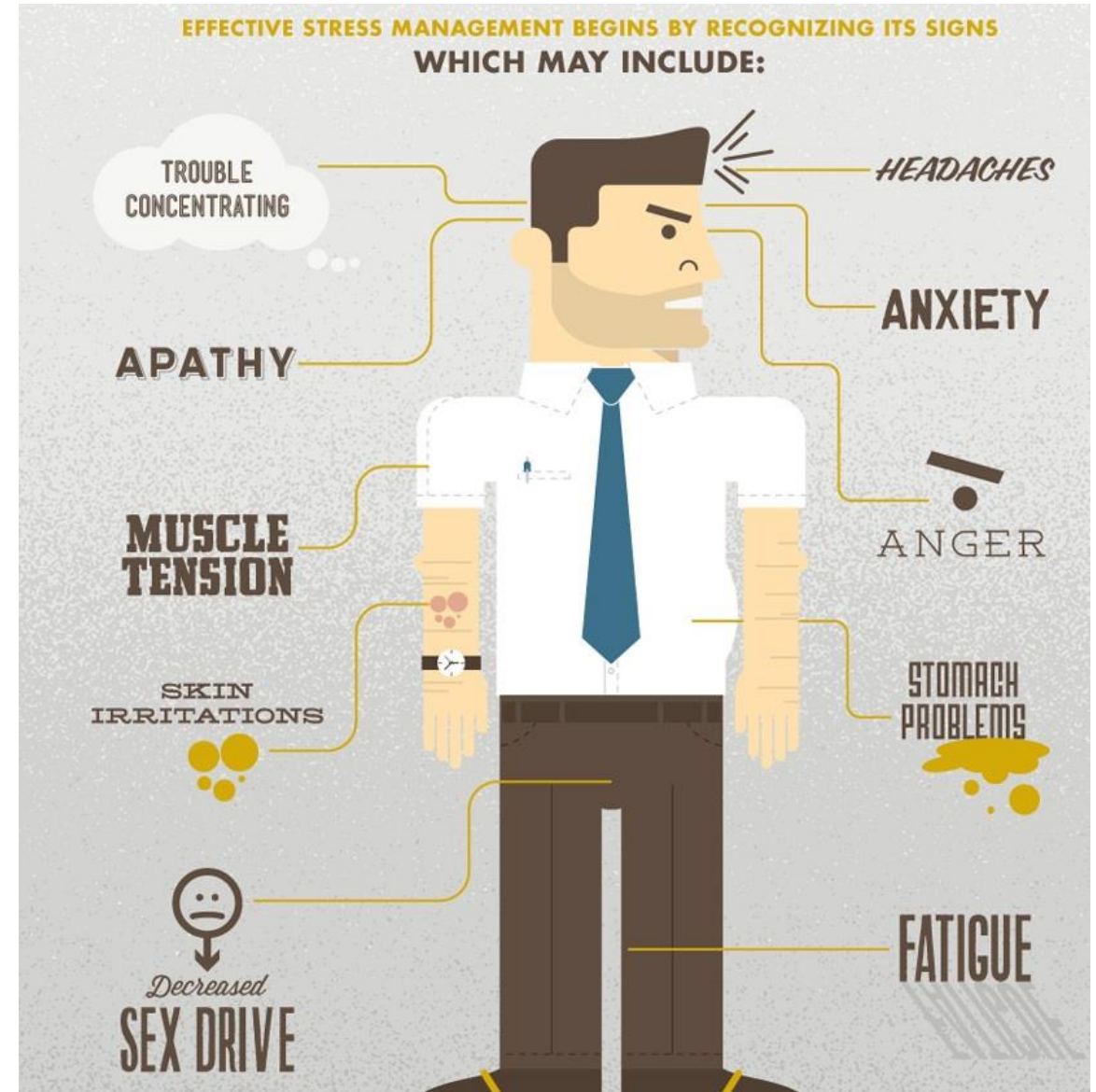
- emotional experience accompanied by predictable biochemical, physiological and behavioural changes
- Some stress can be helpful – it can create a boost!
- Stress begins in the amygdala, part of the brain responsible for processing stimuli
- It then sets off a chain of changes in the body.
- These related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

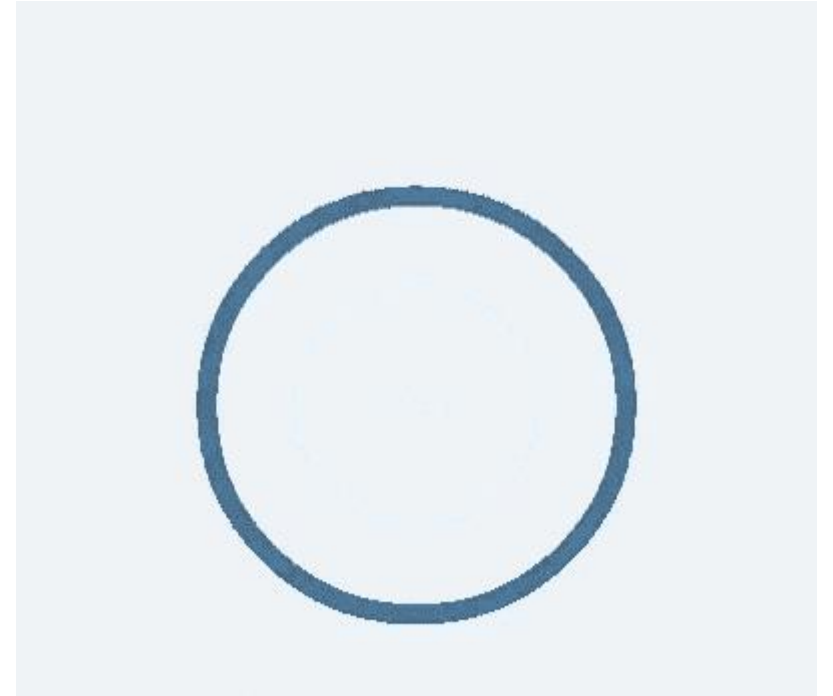
**option
2**

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: Caffeine can with a red prohibition sign)
- 3. TURN OFF THE COMPUTER OR TELEVISION** (Icon: TV screen)
- 4. DON'T GO TO BED ON A FULL STOMACH** (Icon: Full stomach)
- 5. DON'T GO TO BED ON AN EMPTY STOMACH** (Icon: Empty stomach)
- 6. ENGAGE IN REGULAR EXERCISE** (Icon: Dumbbell and Moon)
- 7. LIMIT BEVERAGE CONSUMPTION BEFORE BED** (Icon: Toilet)
- 8. KEEP YOUR BEDROOM DARK & QUIET** (Icon: Headphones and light switch)
- 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.dynamictony.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

Cambourne Village College

Starts on Tuesday 22nd January for 10 weeks
(excluding half term)

18:30pm – 20:30pm

Being a parent is one of the hardest but also one of the most rewarding jobs. Unfortunately teenagers don't come with an instruction manual!

The Raising Teens programme is aimed at offering parents of children aged 10-17 years a supportive and informal environment, in which to gain information, knowledge and skills around parenting.

If you are interested in attending please call 01954 286012 to book your place

Venue- Cambourne Village College, Sheepfold Lane.

www.cambridgeshire.gov.uk/child-and-family-centres

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County Council

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