



## How parents can make a difference at exam time

Parental support in their children's GCSEs is important in determining a child's academic success. The good news is that you don't need to be an expert in any of the subjects your child is studying to make a difference. You just need to know how best to support your child through this next 10 weeks.

One of the hardest demands on pupils is that of understanding the long-term importance of doing the best they can in their GCSEs. Children differ in their levels of maturity, their ability to take responsibility for their learning, organisational skills and levels of motivation.

This is where parents can help. Your support, encouragement and interest can make a big difference to your child's motivation and ability to cope with the academic and organisational demands of the exam period. So please:

- Ensure that your child comes to school every day, that they are getting at least 8 hours sleep a night and that they are eating properly
- Make sure your child has a revision timetable and that they stick to it even when they don't feel like it
- Do not let them stop working on subjects they find hard or dislike
- Make sure they have a clear goal for each revision session, that they revise in short blocks and that they take regular breaks
- Do not let your child be influenced by friends who talk about how little work they are doing, remember your child is working for themselves and their own future
- Agree a balance between work, relaxation and sleep and stick to it, have a start and finish time for revision and stick to that to
- Make sure they talk to someone at school if they are having any difficulties, remember there is always a solution
- All pupils fall behind, feel demotivated or overwhelmed, or struggle with the work school demands at this time. When your child feels like this, talk to them and encourage them to get back on track
- Make sure you know the exam timetable and ensure that your child gets to school at 8.00am on the day of each of their exams

This year Ramadan falls during the GCSE exams. We understand that this may be difficult for some pupils especially when they have exams in the afternoon. Please support your child during this time.