



Help Your Child Revise

at

Stafford Manor High School

This document is to help you support your child through half term revision and the remaining exams. Included are the following:

1. How to revise
2. Revision over half term
3. How you can support your child over the exam period
4. The night before the exam

1. How to revise

What makes good revision?

1. **Start revising early** – don't leave it to the last minute!
2. **Don't spend ages making your notes look pretty** - it will waste time you need to learn!
3. **Make flash cards!** - condense the main things you need to know onto card. Question on the front. Answers on the back. Quiz yourself every day until you know it all!
4. **Take short breaks every hour**
5. **Use revision guides** to focus your learning.
6. **Stick revision notes all around your house**
7. **Get set up before you start** – all the notes, drinks, food, etc... that you'll need so you don't get distracted.
8. **Sit at a proper desk** if you can.
9. **Don't put it off** – it will add to stress levels!
10. **Don't just read your notes** - you have to WRITE IT DOWN!
11. **Do lots of practice exam papers / questions**
12. **Read the exam timetable properly** – make sure you're preparing for the correct exam!

2. Half Term Revision

Over half term we recommend the following as a guide to how much revision each student does:

To maintain your grades = 10 hours a week

To improve your grades = 15 hours a week

Bronze Day = 2 hours

e.g. 5 silver days = 15 hours

Silver Day = 3 hours

e.g. 1 gold day, 3 silver days and 1 bronze day = 15 hours

Gold Day = 4 Hours

On the next page is an empty revision timetable that can be used to plan the week out.

Day	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	
Monday																								
Tuesday																								
Wednesday																								
Thursday																								
Friday																								

Weekends are bonus time – balance sometime between revision and time relaxing

3. How to support your child over the exam period

Goal Setting

- Encourage them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall
- Help focus them and talk to them about their goals regularly
- Give positive reinforcement
- Connect with them about 'why' and 'what' they want to achieve

Keep Active

- Encourage them to keep active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards

Stay Healthy

- Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- Carry out a weekly food shop and make sure you write a list
- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple or 'treat' meals / or meals out per week
- Use the Mark Lloyd recipes and meal planner as guidance
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them

Take Time Out

Encourage them to build in opportunities to take some time out every week, away from study. For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema

Sleep

- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime

Unplug

- Encourage them to unplug from technology everyday
- Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- Support your child to appreciate the world around them rather than being governed by their phone
- Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- Help them learn to have the control to not be obsessed with their phone
- Choose some time each day/week to switch off and unplug from technology with them

Stay Calm

- Set a good example by staying calm yourself
- Create a relaxing environment for your child
- Help them plan out coping strategies to deal with their stress
- Give them positive distractions away from studying
- Help them understand their stress & to focus on controlling the controllables
- Promote a balance of their academic studies & other activities during the week

Believe

- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Try not to set your expectations too high
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve

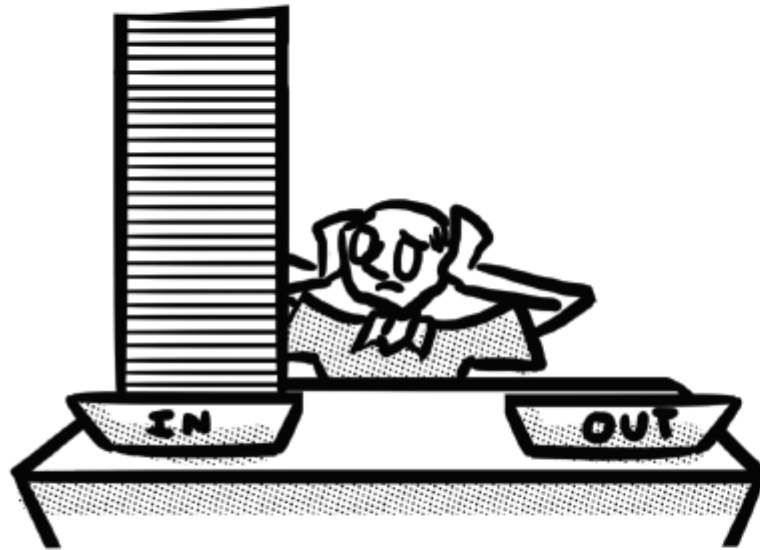
Be Supportive

- Be a good listener
- Be approachable

- Encourage them to take breaks in between revision
- Show some understanding of what they are going through
- Help them deal with their emotions & feelings
- Offer caring advice
- Just be there for them!

4. The night before the exam

Did you know?



Research shows that the night before an exam is a stressful time and that cramming the night before an exam only leaves pupils feeling frustrated and anxious. Studies show that getting enough rest is vital to consolidate new information, so it is best that pupils get a good night's sleep and wake up feeling refreshed.

By the time it is the night before the exam, all revision should have been done. This is the perfect time for pupils to calm their nerves and make sure that they are ready to enter into their exam well-rested and confident in their ability.

Further research shows that limiting distractions can help pupils think better and reduce stress. Distractions include social media, technology, the internet, contact with people who may cause any upset etc. Research also shows that eating a nutritious meal, exercising or completing a relaxing activity the night before an exam can all contribute towards being in the right mindset to succeed.

What can you do?



- Encourage your child to review their revision and notes, covering topics one by one. Late night revision will not be effective so help your child to refresh themselves with what they need to and then to take a break so they get a good night's sleep.
- Encourage your child to have a relaxing evening routine the night before an exam, which could include eating a good meal (but not to try anything new), reading a book, going for a walk together, doing some exercise or having a bath. Be mindful that your child will be feeling stressed: provide them with comfort and reassurance and support them to be as calm and relaxed as possible.
- Help your child to get everything ready in preparation for their exam, such as clothes they need to wear, bag, pens, equipment, revision notes, water bottle, snacks etc. This will eliminate any unwanted stress on the exam day. Make sure your child has a breakfast ready to eat the next day as well.

