

Top 10 Tips to Support Your Child Through their Exams

From the Head teacher

A number of parents have enquired on how best to support their child through the new style examinations. The key difference is the sheer amount of 'knowledge' that is contained compared to previous examinations. The main focus should be on ensuring that the students have the understanding but are also able to recall facts and figures.

Below is some advice on how to support your child right through school (as given the amount to learn, it is clear that those students who revise as they progress from the start to the end of the course, are those that make the best progress).

Top 10 tips to support your child through their exams

Prepare to perform - staying calm, feeling good, being effective

- A toolkit to help your child control different aspects of their life to help them perform better when it comes to exam time
- It will allow them to focus, set themselves a plan and work towards being prepared in the best possible way

How can you help your child and prepare them to perform?

Each day you can support your child to make choices which can impact how they perform during the exam period.

1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns
7. Unplugging
8. Staying cool & calm
9. Belief
10. Be supportive

1. Being a role model

Set a good example by modelling the behaviour you want your child to adopt...

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits

2. 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

3. Keeping 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

4. Healthy Eating

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
- Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams.

Mighty magnesium - magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy and can be found in green vegetables, nuts, pulses, fish and bananas.

Up the B's and Omega 3's - B vitamins are directly involved in creating energy at a cellular level, will give you an energy boost and can be found in green vegetables, asparagus, spinach, broccoli, yoghurt, chicken, salmon, whole grains, brown rice, almonds, pecans and eggs.



5. Time Out

Taking time out is as important as putting time in. 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

6. Sleep Patterns

- Young people need between 8 – 9 hours sleep
- 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

7. Unplugging

- 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

8. Staying Cool & 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

9. Belief

- Believe you can and you're halfway there
- 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

10. 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!

With regard to the content and tips for revision techniques, we will support your child through an ongoing programme and are looking to host bespoke evenings for parents to gain knowledge with regards to these aspects also.

If you have any questions or queries regarding how best to support your child, our staff are all more than happy to support at all times.

Steve Jones
