



# Supporting your child during Year 11



Parental/Carer Support Evening –  
Tuesday 12<sup>th</sup> September 2017

## How can you support your child during their final year of KS4 education?

*Parental/Carer support is 8 times more important in determining a child's academic success than social class. (The Campaign for Learning)*

The good news is that you don't need to be an expert in any of the subjects your child chooses in order to make a real difference. You also don't need to give up your life and other responsibilities – you just need to know how best to spend the time you do have.



One of the hardest demands on students is that of understanding the long-term importance of doing the best they can, and learning to shelve short-term fun at times in the interest of long-term benefits (not easy even for adults!)

Children will also differ in their levels of maturity, their ability to take responsibility for their learning, organisational skills and levels of motivation.

**This is where parents/carers come in.** Your support, encouragement and interest can make a spectacular difference to your child's motivation and ability to cope with the academic and organisational demands of the exam period.

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### Things to consider

This year will bring a variety of challenges and stresses for your child. There are a few things worth considering.

#### Do's

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- ✓ Discuss with your child what will be involved in the revision period and what your role could be. Some students will want you to be involved in the revision process, and some won't want your involvement. Everyone will want different support from their parents. Often just taking an interest is enough for the student!
  - ✓ Provide the environment necessary for success. Students need a place to revise which is quiet, calm and comfortable.
  - ✓ Respond positively when they ask for help. Ask exactly how you can help and if you can't help immediately, reassure them that you will help when it's convenient.
  - ✓ Give plenty of praise and encouragement. Students will doubt themselves a lot this year, be their biggest fan. Reassure them when they are overcome with doubt. Think about pointing out what they are good at. Tell them daily what they do well.
  - ✓ Stay calm and don't expect too much. This is particularly important closer to exams and assignment deadlines.

- ✓ Point out what they have done well if you look at their work. Don't dwell on the errors - emphasise the positives.
- ✓ Keep them well supplied with food and drinks, however it is important to consider the types of food and drinks you provide. Remember, you wouldn't put diesel in a petrol car!
- ✓ Keep a low profile.
- ✓ Be prepared to listen when they want to talk about problems as everything becomes more emotional and heightened during the exam period.
- ✓ Encourage them to take regular breaks during long periods of revision. Students will have been provided with information about revision techniques. This promotes the idea of chunking. This is where students will break work down in to 15-20 minute blocks, with a short break in between.
- ✓ Encourage morning revision when the brain is more receptive and discourage studying right up to bedtime.

### Don'ts



- ✗ Make comparisons with brothers, sisters, friends and so on.
- ✗ Unintentionally add to their worries by constantly mentioning the exams or assignment deadlines. Students will be aware of what they have coming up!
- ✗ Relate too much to when you were sitting exams at school or how you did your revision.
- ✗ Worry if their revision techniques seem strange or unusual.
- ✗ Make a battle out of whether or not they listen to music when doing their revision.
- ✗ Distract them unnecessarily.
- ✗ Expect them to study all the time as taking some time out to relax will have a positive effect on their work.

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## How parents/carers can help keep their child motivated

For most students, this will be a year of mixed emotions and feelings. For some, there may be occasions in which they become demotivated and find it difficult to complete work and revision. Parents/carers can also play an important role motivating students when they are in their home environment.

### Things to consider:

- Agree the balance between work and social life and aim to stick to the agreement.
- Be understanding, flexibility is the key – if a special night comes up, agree that they can make up the work at a specified time.
- All students fall behind, feel demotivated or overwhelmed, or struggle with the balance of social, work and school demands at times. When your child feels like this, berating and

threatening them will have a negative effect. Talk to them about the issues acknowledge their feelings and adopt a sensible attitude in wanting to find a solution.

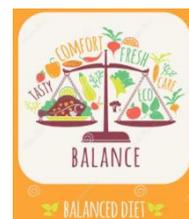
- Use the 80/20 rule. If your child is sticking to what they are supposed to be doing 80% of the time, they will be doing alright.
- Reward your child's efforts to revise, maybe reduce the number of chores that they have to do when exams start.
- Make sure the whole family respect the importance of keeping disturbances to a minimum.

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## Health and Lifestyle during Year 11

It is important to remember that having a healthy mind and body is also key to students achieving success within exams. Students that make the effort to maintain a healthy body and mind will often have lower stress levels which helps them achieve their best when facing important deadlines and exams.

Eating a well-balanced diet: It's tempting for students to reach for study snacks such as crisps and chocolate to see them through exams, but they'll find it much easier to concentrate if they eat nutritional meals and healthy snacks. While the odd treat here and there is a good study reward, overloading on sugar or salt will only leave them feeling flat. It's also important to make sure that they are eating a decent meal and drinking plenty of fluids. Students will often skip meals and forget to take on board the right amount of fluids.



**Keep Active:** It is important that students maintain an active lifestyle. It is recommended that young people should engage in moderate to vigorous activity for at least 60 minutes a day. The benefits of an active lifestyle include a healthy heart and lungs, maintains a healthy weight as well as improving self-confidence and social skills!

**Avoid excess caffeine:** Many students fall into the trap of turning to coffee or energy drinks to help them study. They may think that it will help them study into the night — or pep themselves up for an exam — but it's more likely that they will 'crash' and fatigue during the exams and important times.



**Get a good night's sleep:** Sacrificing sleep for late-night cramming isn't a good habit to keep, even students want to be more prepared for your exam or meet those last minute deadlines. It's unlikely that they will do their best study if they are struggling to stay awake — and it goes without saying that students should try to

get a full night's rest before exams. Students should be aiming to achieve 8-10 hours sleep a night!

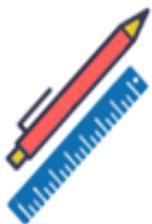
Allow for some breaks: Studying can be tiring, so it is important that students stop and refresh every so often — even if they are feeling overwhelmed and short of time. Taking five minutes to go for a short walk or make a cup of tea can help clear their heads and regain their focus.



Learning to manage stress: Each student has their own way of dealing with stress — it is important that students determine what works for them. Doing some exercise, having a short nap, catching up with friends or even just taking a few deep breaths are all good ways students can relieve stress and refresh. If it is clear that the stress is really starting to build up, encourage your child to talk to someone. This could be a family member, their Head of Year, Form Tutor or a member of staff at school!

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## In School Support.



### Form Tutors

All form tutors are either Maths, English or Science teachers which allows for subject specific intervention

### PSHCE Time

Throughout the year, PSHCE will be tailored to suit the needs of the students. This will include subject specific intervention

### Revision Session

Department led revision sessions to support students



### Head Of Year

Academic support and guidance. Monitoring of progress.



### Revision Resources

Recommended texts to support revision



### Head of House

Support with pastoral issues



### Study Skills Book

Guide to help students develop their study skills throughout the year

### Teacher Support

Specialist teacher support within lessons

