



REVISION

Matters

Issue 4: May 2026

SURVIVING AND THRIVING THROUGH THE EXAMS

Good luck to all our students starting exams this week

Whilst many students have already been involved in Art, Photography and Languages Speaking exams, this week marks the start of the main exam period.

Exams are more about good preparation than good fortune, but it never harms to have a bit of luck on your side!



Your essential exams checklist: Things to check with your child on exam day

Are they organised?

- Check your exam schedule and pack your bag the night before.
- Set an alarm and be on time (lining up 15 minutes before the exam start time).

Do they have what they need?

- Bring the exam ID card and pink timetable
- Have a clear pencil case with the equipment needed for the exam and nothing else
- Only clear water bottles are allowed (with labels removed)
- Wear uniform or PE kit - remember, no phones, watches or earphones are allowed.

Are they exam-fit?

- Get an early night the night before
- Have a good breakfast (see page 2 for tips)

Our exams team has created a handy guide containing helpful information about the most important things to remember at exam time.



— GUIDE TO —
EXAMS

[Guide to Exams](#)

WELLBEING MATTERS

TOP TIPS TO HELP YOU SUPPORT YOUR CHILD

Promote good quality sleep

- Having a good night's sleep before an exam is one of the most important ways to boost performance.
- Good quality sleep helps the brain to make connections between information and store knowledge effectively.
- A lack of sleep results in reduced alertness, concentration and knowledge retention
- Late night cramming may feel productive, but it's actually likely to impair performance.
- Switch off devices early, read or listen to relaxing music, and get an early night

Help to smooth out bumps in the road

Sometimes exams don't go to plan which, to some students, can feel like the end of the world, especially if they've worked really hard.

Give them space to talk about what went wrong and (gently!) ask if there's anything constructive they can learn from, for example, checking the timings, or changing the way they approach the questions.

Encourage them to avoid detailed "post-mortems" - praise the effort they put in and encourage them to put that exam behind them and look ahead to the next one.

There's nothing they can do about something that's in the past, and it's surprising how often students do better than they think!

A recipe for success: What to eat during exam season

According to a recent [BBC article](#), eating oily fish is one of the best ways to boost brainpower. However, on the assumption that your child isn't going to fancy sardines for breakfast, there are some other foods that can help to maintain energy and concentration in exams.

Do:

- Have breakfast - include slow-release carbohydrates such as wholemeal bread or porridge to maintain energy levels.
- Eat proteins like eggs or yogurt to keep hunger at bay.
- Drink plenty of water - clear bottles are allowed in the exam

Don't:

- Skip meals.
- Eat lots of sugary snacks - they quickly cause energy slumps
- Drink sugary, caffeinated or 'energy' drinks - they disrupt sleep and interfere with concentration



It's been a long journey, but the end is nearly in sight!

IN-SCHOOL SUPPORT DURING EXAMS

Revision support

Whenever your child isn't in an exam, they will be supported to revise by our subject teachers, who will guide them in the best ways to prepare for each exam.

Outside of lessons, many subjects are offering 'drop-in' sessions at lunchtimes for students to ask for help. There are also several supervised rooms that have been made available for students to revise independently, or with friends, during lunchtime.

Remember that our pastoral team is also on hand to help with any concerns or questions that you or your child may have.

Exam briefings / breakfasts

Maths and English will be holding pre-exam sessions ahead of each exam to give final tips and to help students with last-minute questions. Please encourage your child to join these sessions if they can.

English Literature: Theatre

Monday 11th May - 8am

Tuesday 19th May - 8am

English Language: Theatre

Thursday 21st May - 8am

Friday 5th June - 8am

Maths: G129

Paper 1 - Thursday 14th May

Paper 2 - Wednesday 3rd June

Paper 3 - Wednesday 10th June

The importance of maintaining good attendance

Many of us will remember being on "study leave" back when we did our exams, so it might be a surprise to learn that students are expected to be in school up until May half term, when exams will be well underway. Times have changed, and most experts now agree that staying in school significantly increases students' attainment in exams, so much so that it is now Department for Education policy for students to stay in school.

By being in school, your child benefits from:

- Expert guidance from subject specialists
- Guided revision practice, using techniques that are proven to work
- Access to feedback & answers to questions
- Contact with other people, which can significantly help to reduce exam anxiety.

Absence procedures

- If your child is unwell on the day of an exam, call the Attendance Line on 01672 515081
- If there is a genuine reason that your child needs to leave school before the end of the day (for example, a medical appointment) you should advise us at least 24 hours in advance, providing evidence of the appointment in line with the school absence policy.