



GCSE Revision: 'Top Tips' for Parents and Carers

Your support, encouragement and interest can make a **huge** difference to your child's motivation and ability to cope with the academic and organisational demands of the exam period.

- ✓ **Get a printed copy of your child's exam timetable** (available soon on the Academy website in 'School Life/Examinations') and highlight your child's exams.
- ✓ **Help your child plan out a revision schedule** Encourage 30-45 minute revision sessions with short breaks in between. Optimally, pupils should study for no more than 4 hours per day - little chunks at a time are better than long stretches!
- ✓ **Help your child plan for 'time out'** Plan a night off! On these 'off' nights, let your child have fun and encourage them to relax.
- ✓ **Establish a specific location to revise** Ensure that your child has a quiet and private place in the home to revise. A simple desk and chair in their room or even at the kitchen table would suffice. Keep the distractions to a minimum (No phones!)
- ✓ **Revision resources and materials** Your child needs to try and assess from past experience what revision techniques work best for them, which might also vary depending on the subjects and the learning materials they were provided with. Revision should be **seen** (see website). Your child will need access to:
Stationery – pens (GCSE examiners prefer black), pencils, a rubber, a sharpener, a ruler, highlighters, coloured pens/pencils, post it notes, A4/3 paper, coloured card, textbooks/specifications/syllabus outlines, GCSE exam past papers, Internet access.
- ✓ **'Healthy Child, Healthy Mind, Productive Revision'**: Keep junk foods and sweet drinks to a minimum. Ensure there is plenty of fresh fruit, vegetables, and snacks available; and encourage your child to drink lots of water to stay hydrated. Also, try to encourage some daily exercise - this gets oxygen flowing to the brain, which will help them relax and think clearly.
- ✓ **Your child needs adequate sleep** – at least 8 hours per night.
- ✓ **Changes to your child's mood and demeanour** - Expect it. The likelihood is that it WILL happen! Don't add to the stress levels by 'rising to the bait' when your child pushes the boundaries. Shelve the battles that don't need winning just yet. Try and stay positive even if they aren't.

Remember GCSE is only one part of their life. Prepare to support them in their life's goal regardless of the result. At this moment, your child may have a lot of insecurities and uncertainly, always assure them that you will love and support them no matter what!

Help us to help them....

Encourage your child to attend GCSE revision sessions offered in school; **Silent, Structured** and/or **Subject** revision - these are up and running now from 3.30pm to 4.30pm; a list of these will be posted on the Academy website.

90% in an exam is a great result but in terms of attendance it means that a pupil has missed 1 of every 10 days – over a period of a year this is equivalent to 4 weeks of school and it will ultimately affect their final result. Please continue to encourage 100% attendance!

More details regarding revision tips (how to revise) and supporting your child's education are available in 'School Life' on the Academy website: [Whitburn Church of England Academy](#)