

Parent Revision Help Guide

A lot of parents ask 'how can I help my child revise?'
and 'what should my child be doing in preparation for their exams?'

I thought it might be of use to give a few helpful hints and suggestions. Many of these may seem like common sense but no less important for that.

1. Encourage your child to sleep sensible hours.
They will not be ready for working or doing exams the next day if they are going to bed beyond midnight. An early night is essential.
2. Don't let them fall asleep with the TV or computer left on. Get them to try reading for 15-20 minutes before they go to sleep to calm their bodies down.
3. Encourage your child to eat sensibly.
Breakfast is SO important; it'll set you up for the rest of the day. You wouldn't attempt to drive a car on an empty tank of petrol. Three nutritious meals are better than snacking on sweets.
4. Encourage your child to drink sensibly.
Water is so much better than pop.
5. Give your child a dedicated space for working/revising in.
If they have somewhere to leave their notes and books without fear that they will be tidied away or moved by someone else; this will be of great benefit and save time as there is no need to find all the material each time.
6. Don't accept excuses from your child!
They can't revise best whilst on MSN!
They can't revise whilst watching Eastenders or Big Brother!
Tomorrow is not a good time to start revising; today is!
7. Buy specific revision books. Get your child to ask their class teacher for syllabuses and recommended revision books. You can usually sell them on to future students.
8. Buy them some pens, pencils, highlighters, calculators etc and notebooks of course
9. Discuss methods of revision at Parents Evening with staff.
10. Use SAM Learning. The link to this website with instructions is on the school website, as is other revision help.
11. Encourage your children don't hassle them. Be supportive and not negative. Ask them if they want some help but don't constantly moan that they don't appear to be doing anything!!
12. The night before a big exam should be a time of just light revision, as the hard work should already have been done by this point. DON'T encourage your child to overwork the night before; they'll be too tired to do well the next day
13. If you want some help or guidance ring the school.
Ask for the class teacher; the Director of Learning or Alan Brooks-Tyreman. All would be pleased to advise you.