



January 2023

Dear Parent /Carer

Year 10 Mock Examinations Support

Further to some queries regarding Year 10 mock exam preparation, we would like to share with you our plan for tutorial next week to support students in the build up to the mock exams.

Our plan for next week is as follows:

Monday	Tuesday	Wednesday	Thursday	Friday
Mindful Monday: Techniques on how to stay calm in exams and through revision	Revision timetable: Tutor support with revision timetables	Wellbeing Wednesday: How to support your wellbeing during exams	Exam regulations: Assembly regarding JCQ regulations	Tutorial: Reminder of JCQ regulations followed by a walk through of exam protocols

In addition to our tutorial programme for the week, on Friday we will be undertaking a walk through of the exam protocols so that we reduce any apprehension around the arrival to the examination venue including the sports hall for students.

Today students have attended an assembly regarding revision expectations and mindfulness during the pressures of exams. We also ran through a list of equipment students will be expected to bring to every exam.

We ask you to please support us to ensure your child arrives each day with the following:

- Clear water bottle (any labels removed)
- Clear pencil case or clear plastic bag for equipment
- Black biro
- Pencil
- Ruler
- Calculator (for Science and Maths)
- Protractor (for Maths)

Further to the Year 10 mock examinations students will receive a Question Level Analysis (QLA) from their subjects. The QLA is bespoke to your child and gives a clear indication of topic areas where marks were gained or lost across each exam. Students are able to then focus their revision for the summer mocks on those specific areas of development to move them forward and take control of their own learning. This is a new system we have launched for students so that we can support them to ensure revision is targeted. Please do look out for the QLAs your child will be bringing home.

As a reminder, the following are also available to all Year 10 throughout this academic year:

- Log in to GCSE Pod for all students using their school email address
- After school access to the library for quiet study 3pm – 4pm Monday – Thursday
- Our school shop is open for students to purchase revision guides at lunchtime and break time

Useful websites to help alleviate exam stress include:

[Mindful revision: how to make the best of the revision period - \(whs-blogs.co.uk\)](https://www.whs-blogs.co.uk)

[Revision: How to keep calm - BBC Bitesize](#)

[Revision: Memory hacks and tips - BBC Bitesize](#)

[Study-life balance - BBC Bitesize](#)

If you have any queries regarding the above please do not hesitate to contact the school.

Yours sincerely



Mrs R Spencer
Deputy Headteacher



Mr Snowdon
Head of Year 10