Time out!
- Plan time away from revision

Promote Healthy Eating and Sleep
- Food and sleep are essential to maximising performance
- NO to energy drinks and junk food
- YES to healthy snacks and exercise
- Don’t forget to look at some of the easy menus with this pack for Additional Brain Power!!

Remove Weapons of Mass Destruction
- Encourage revising away from Social Media, X-Box, Netflix and the tough one their phones!

CVHS
Parent Pack
GCSE 2019

Exams...Exams...Exams

Your son/daughter will be amazing.

They need all of us supporting them so that they can do what it takes to excel.

The resources available are considerable - check out the CVHS website for further ideas and support.
Be sympathetic and a role model
- Exams can make students anxious, they are told by us all how important they are
- Model the behaviour we want from them: healthy eating, plenty of sleep, minimise ‘screen time’ and breaks when needed.

Be involved and hold them to account!
- Write a Revision Timetable, they may well have done this using www.getrevising.co.uk
- Stick it on the wall
- Hold them to account when they should be working
- Revise in sessions of 30 mins - hour with a break in-between
- A treat for sticking to the timetable?

Set up a revision area for them
- A light area with desk/table space
- Check they have all the equipment they need
- Have a revision schedule, it will become habit / routine

Goals
- They need to work hard now, keep going and remind them of the long summer break and lots to look forward to when the exams are over.
- Revise one thing at a time and keep a log
- Revise the hardest bits first
- Revisit subjects several times
- Use different revision styles - see revision pack

Countdown to Success
Stay Calm and Prepare!

Check, Check, Check...

✓ Space to work
✓ Correct Equipment
✓ Support & Role Model
✓ Healthy Eating
✓ NO distractions while working
✓ Down time
✓ Revision timetable
✓ Use the best revision techniques shared