

19th October 2021

Dear Parent/Carer,

Re: Mock Exams

In November, the Year 13 cohort will be sitting their first round of mock exams for this academic year. Please take time to read this letter which will provide all the information needed to support your child during this time.

Importance of Mock Exams

These exams are extremely important as the grade outcomes will inform your child's predicted grades for their UCAS application forms. Please ensure you are having discussions with your child about post-18 education so they are aware of the grades they need to achieve for their desired post-18 courses. Your child's performance in these mock exams will also help teachers understand their progress in each subject and identify areas of development and support, if necessary.

Revision Materials

All students will be provided with a revision guide sheet for each of the subjects they study. These will detail which topics students need to revise in preparation for their mock exams and provide guidance on what revision resources and strategies should be used. Please support your child by checking that they have the necessary resources and are confident on what topics they need to revise. Revision materials for each subject can be found on the school website.

Effective Revision Strategies and Scheduling

The most effective revision strategy is spaced retrieval. Retrieval practice refers to any activity that forces students to generate an answer to a question, rather than merely reading or highlighting information.

Examples of effective retrieval practice include:

- Being asked questions by someone (parents, siblings, friends)
- Multiple choice quizzes
- Answering a question aloud
- Testing via flashcards
- Past exam papers.

It is also important that revision is spaced out, meaning that students revise often and in short bursts, as opposed to cramming last-minute revision in before the exam. Spaced revision timetables will be crucial to your child's success. Please support your child by assisting them with creating their timetable and following the schedule on it.

Healthy Habits

It is essential that students create 'healthy habits' leading up to the exams period and retain this throughout the mock exam period. Some key things that will help your child are:

- Eating 3 meals per day and drinking 2L of water to keep nourished and hydrated
- Going to bed at an appropriate time to ensure sufficient sleep
- Taking short and regular breaks from revision
- Exercising and keeping active.

St Paul's Way Trust School, 125 St Paul's Way, London E3 4FT - Web: www.spwt.net - Telephone: 020 7987 1883 - Email: admin@spwt.net

Parental Support

Please support your child in preparation for these mocks by allowing them uninterrupted time to study, encouraging healthy routines, ensuring they take short and regular breaks from revision, and looking after their wellbeing. Some students may experience increased stress and anxiety around this time. It is important they communicate with staff at school if they are feeling this way so that we can support. Below are some links to wellbeing services that students can also access:

- Kooth: www.kooth.com
- Young Minds: www.youngminds.org.uk
- The Mix: www.themix.org.uk

CEIAG Guidance

Ms Kawtar (CEIAG manager) is available to offer guidance to students regarding their post-18 choices and students are exploring different opportunities during tutor time. Please support your child by continuing these conversations with them at home, looking at the different post-18 options available.

Mock Exam/Revision Timetable

A copy of the mock exam timetable is attached to this letter. Please use the mock exam timetable to identify which exams your child will be sitting, and use this to populate a spaced revision timetable as mentioned above.

Yours sincerely,



Nicola Coles
Head of Sixth Form