



St Paul's Way

Aspiration • Integrity • Community
PART OF UNIVERSITY SCHOOLS TRUST

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Monday 30th October 2023

Dear Parent/Carer,

Re: November Mock Exams – Final UCAS Predicted Grades

From 22nd November – 1st December, 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 unless they are one of the twenty-eight students who have completed an early entry application. 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.

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 if they haven't already 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

Parental Support

Please support your child in preparation for these mocks by allowing them uninterrupted time to study, encouraging





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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

Mock Exam/Revision Timetable

A copy of the mock exam timetable is available under the Sixth Form Experience on the school website. Please use the mock exam timetable to identify which exams your child will be sitting, and use this to check their revision timetable, as mentioned above.

Yours sincerely,

Athina Christou

Year Team Leader for Year 12/13