



11 November 2020

Dear Parents and Carers

Re: Year 11 Support and Exam Preparation Sessions

In order to support Year 11 through this difficult period we will be running various support sessions to focus on revision technique and exam preparation. We will be focusing on reducing exam stresses and with the current COVID situation, develop tools they can use to impact positively on their wellbeing.

Your son or daughter does not have to attend all the sessions; they can attend the sessions they are interested in, or feel would be of best use. Please see the table below with some key information:

Date	Session	Information
16.11.2020	Creating a revision timetable	Each pupil will create a personalised timetable that is well balanced. We will also focus on time management skills for effective revision.
23.11.2020	Revision techniques and styles 1	Focusing on how best to revise and different techniques they can use. The aim is to find strategies that are effective for each student.
30.11.2020	Mindfulness	Aimed at reducing stress levels and will help develop tools they can use at home or in lessons.
07.12.2020	Yoga for relaxation	A physical session so please wear appropriate and comfortable sportswear. Suitable for all levels and abilities.
14.12. 2020	Revision techniques and styles 2	More revision techniques will be discussed focusing on exam preparation.
21.12.2020	Creating a PPE revision timetable	Pupils will create or update their revision timetable to utilise the holiday period and prepare.

If your son or daughter would like to attend any of the sessions then it is essential that they sign up at the year office by the Friday beforehand. Register sheets will be displayed at the office, unfortunately if students have not signed up then they will be unable to attend. All sessions will be taking place in the South Hall and will finish at 4.15pm.

If you have any further questions then please do not hesitate to contact the year office.

Yours sincerely

Miss A Bryant
Head of Year 11

Be The Best You Can Be