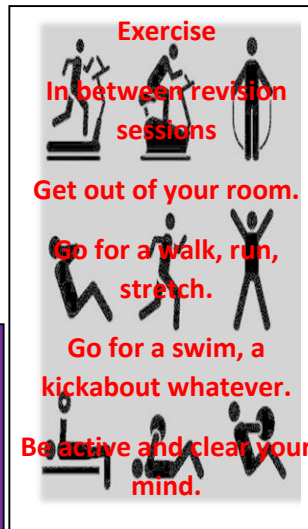




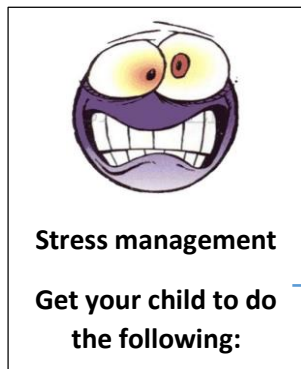
## How to help your child in the lead up to their exams

**Be positive**  
Talk positively about how you are going to do and what you have done.

**Time**  
Recognise you can only do so much in the time you have. Try to pace not race



**Sleep**  
Don't become over tired by working too late. Try and ensure you get at least 8 hours every night.



**Stress management**  
Get your child to do the following:

**Stay calm**  
Make sure you are in a calm positive mood before you start revising.

**Before sleep**  
Don't finish working and then try to sleep.  
Don't use electronic devices before bed give your brain time to switch off.

**Eating**  
Watch your eating habits. Avoid too much caffeine, chocolate, cola and food with lots of additives.  
Eat healthily.

**Worry List**  
Make a list of worries and possible things that could happen. This will help you think about the solutions not the worries.

**Learn to relax**  
Take mini-breaks through the day. Work on relaxation techniques like taking slow deep breaths.

**Get organised**  
Have a realistic daily schedule including revision, sleep, eating, free time and relaxation.

### Exam Menu

Eating is essential – Don't skip meals otherwise you feel hungry and can't concentrate.

Food to help revise and prepare for exams.

Eat bread, Pasta, cereals and potatoes – these release slow energy keeping you going for longer.

Fruit and vegetables – Give you essential vitamins. Have your 5 a day.

Eat meat, fish, pulses and dairy to get your protein. Keep your iron levels up to help you concentrate (eat spinach, red meat, eggs)

Drink plenty of fluids. Hydrated brains think more clearly. Water is best, don't drink too many fizzy, sugary drinks. Bring water to the exam (No labels on bottles).

### Answering exam questions checklist

Remind your child of these points before each exam!

1. Read the details on the front of the exam
2. If there is a choice of questions to answer, make sure you know which questions you need to answer
3. Read these questions carefully
4. Underline key words in the question as you read it, i.e. describe, explain etc
5. Divide up your time. Know how long to spend on each question and stick to it!
6. Plan longer written answers by creating a list of points at the top of your work.
7. Write the answer
8. Make sure at the end of each paragraph/answer you link it back to the question.
9. If you have time re-read the answer and make necessary corrections.