



Thursday 25th November

Dear Parents and Carers,

RE: Supporting your child during the mock examinations

As we approach our first mock examinations of the year, I would like to take the opportunity to suggest a few strategies that may help you to support your child, as they undertake their first full set of mock examinations. We have spoken to the students about a number of these but are aware that they may not have shared these with you!

Homework and Revision:

- All of our Year 11 students have been given a 4 week homework plan that covers the lead up to the mock examinations, the examinations themselves and the last week of term. In brief, Year 11 students will no longer follow the previous schedule in their Knowledge Organiser. Their teacher will set them a task or tasks each week, they will complete these in their exercise book and their teacher will provide them with timely feedback. We feel that teachers specifically directing their focus will really help and support them as they revise. Please ask about the homework they are doing and if there are problems, do feel free to email their teachers directly.
<https://iscaexeter.co.uk/about-us/staff-list/>
- Please take a look at the Year 11 Conference Notes on our website which provide clear guidance about supporting your child with English, Maths and Science: <https://iscaexeter.co.uk/school-life/exams/>
- Please encourage your child to create a revision schedule. We have given them a number of ideas at the Year 11 Revision Conference last week about how to do this. Planning 'down time' is also really important for them!

Personal Organisation:

- One of the best things you can do is to support your child in attending school each and every day. If they are struggling with attendance, we would like to help. Please email Mr Davey (Head of Year) or your child's tutor and we will find ways to support.
- Please help to ensure your child arrives at school on time. Morning exams begins at 8.45am and running late may add to your child's anxiety. We do understand that traffic and bus services in and around Exeter can be problematic, so would encourage you to have contingencies in place wherever possible.
- Each student will have been give their 'statement of entry'. This tells them which exams they need to attend and where these are located. For your information, we have also published this on our website <https://iscaexeter.co.uk/school-life/exams/>
- Our Exams' Booklet is also available on our website at the above link. It would be useful to encourage your child to be familiar with this as it outlines what they can and can't which may help them to settle more quickly into the exam. For example, not wearing a watch or having a phone with them.

Mental Health and Well-Being:

- A good night's sleep is a really helpful part of preparing for exams. We know some students will really struggle with this but if you can encourage your child to switch off and take time to rest and relax, this will help them to perform better.
- A good breakfast and generally healthy eating habits also supports general wellbeing, especially on days when they have an examination. We know that some students will eat unhealthily or struggle with their appetite when they are anxious, but snacking little and often may help their energy levels.
- Short revision breaks that sometimes include exercise, is great for mental and physical health, enabling them to burn off some adrenaline and manage their anxiety.
- You know your child best, so when you pick up their concerns about how they are managing revision and exams, please talk to us so that we can support you to support your child and help them with strategies when they are in school.

Please find below a list of email addresses that you may find useful:

Tutors:

Mr Adams RAdams@iscaexeter.co.uk
Mr Callow scallow@iscaexeter.co.uk
Mrs Delfosse EHumphries@iscaexeter.co.uk
Mrs Emeleus: JEmeleus@iscaexeter.co.uk
Mrs Freestone MFreestone@iscaexeter.co.uk
Mr Holland tholland@iscaexeter.co.uk
Mrs Nielsen: HNielsen@iscaexeter.co.uk
Mr Page TPAge@iscaexeter.co.uk
Mr Preece RPreece@iscaexeter.co.uk

Head of Year:

Mr Davey AiDavey@iscaexeter.co.uk

Support from the Special Educational Needs Team:

SENCO@iscaexeter.co.uk

Support with Exam Access Arrangements:

Mrs Eveleigh JEveleigh@iscaexeter.co.uk

Please do not hesitate to contact us if you would like any advice or support through this important stage of your child's education.

Yours faithfully,



Miss Anna Mills

Senior Deputy Headteacher

Isca Academy, Earl Richards Road South, Exeter EX2 6AP T: 01392 204082 www.iscaexeter.co.uk