



## 2 WEEKS TO START OF EXAMS

**GCSE EXAM RESULTS** Students will be able to come into school to collect their exam results on Thursday 24 August 2017, between 8am and 10am.

### ISSUE 5 – 28 April 2017

With two weeks to go until the exam season begins I'd like to change the strapline. It's not about what we as a collective can do. At this point it's not about them as a year group, it's about your child as an individual. It should be 'Yes I can'. Your child's final exam results will be your child's final exam results, they aren't anyone else's and they aren't down to anyone else. If they have succeeded, it will be down to them, and if they haven't....

It's all too easy to look for reasons why we couldn't do something when usually the only reason that counts is that of choice. All of us, all of them, have it within to succeed, to do well, to do better. Their results are about them and what they have done, what choices they have made and are continuing to make. Not everybody will get the highest grades in every subject, some might do so and well done to those who do, but it will be a well done also to those who achieve that which they can. All of the students are capable of making progress. All of them should want to do the best that they can and to smile at the results that they get. Thirty years on I'm still not happy with my O Level English grade because I know I should have, could have, done better. Don't end up bitter like me about a grade, encourage your child to do something about it.

Good luck to all of them, the harder they work the luckier they will get!

*Mr Bowman, Head of Year 11*

### Well Done

Students have been involved in workshops with external agencies in History, Geography and Maths this term. There are also additional Maths sessions planned for selected students, as well as some Saturday sessions.



*Well done to all students involved for their attitude towards these sessions.*

### Revision Section on [www.kes.essex.sch.uk](http://www.kes.essex.sch.uk)

Just a reminder that we have a dedicated revision section on our school website with useful links and downloads for students and parents. New resources have just been added, including guides for Mathematics.

**Just click on the button at the bottom of the homepage that says 'GCSE REVISION'.**

### Book-Back-Day

**Book-Back-Day is on the 22 June 2017 from 10.30am-12.30pm.**

Students need to come into school to return any school books they have in their possession and collect their Prom ticket, Yearbook and Hoodie.

# 10 Revision Ideas

Here are some quick revision ideas that your son/daughter can use.

1	Mix up your revision, change the topic and way you revise every 20 minutes
2	Flash cards
3	Mind maps
4	Complete past exam questions
5	Rewrite all of your class notes in a briefer format, use pictures to represent some of the words
6	Make up a silly story including all the key words you have to learn
7	Change the content into a song
8	Use online video clips and tutorials
9	Write your own factual recall list and ask someone to test you. Keep getting tested until you answer every one correctly
10	Zone different areas of your room/house with different subject areas – physically walk to an area and recite the key topics



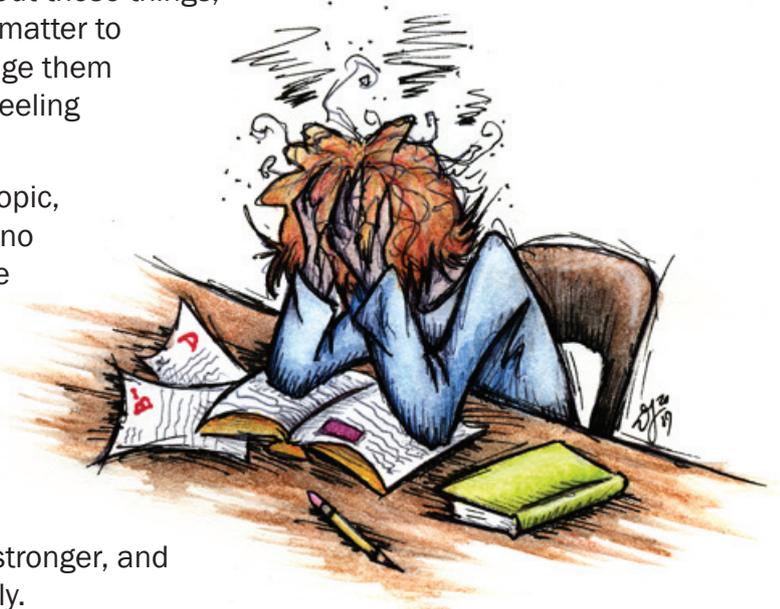
## Managing Stress

It's the time of year when everyone linked with examinations and moving on to the next stage is stressed. Students are stressed about exams, you as parents and carers are stressed about your childrens' exams and teachers are stressed about their students. But stress isn't a bad thing. It makes us do things. Stress becomes a problem when we stress about things without doing something to resolve the things we are stressing about.

It is both right and normal for your child to worry about upcoming exams, the Prom, what to do after Year 11, results day, A Levels or apprenticeships, the list goes on. If they weren't a little worried, they wouldn't do something about them. If they are concerned about these things, that's a good sign, it shows they care, it shows they matter to them, so should do something about them. Encourage them to see it this way- rather than as a purely negative feeling stress should be a driver for action.

If their biggest worry about an exam is a particular topic, encourage them to work hard on that topic until it's no longer a worry. If their biggest worry is that they have left it too late to do any meaningful revision, tell them not to leave it any longer, encourage them to do some revision. There is always something that they can do to overcome the things that they can't.

Above all , encourage your child to keep things in perspective. That which doesn't kill you makes you stronger, and revision and exams, while challenging, are not deadly.



# 10 Surprising Ways to Beat Exam Stress

## 1. Listen to Classical Music

Listening to music can create a positive and productive environment by elevating your mood and encouraging you to study more effectively and for longer. Classical music is recommended as the best type of music to boost your brain power but ambient music can work too.

## 2. Take a Quick Walk

Many students feel as if they should spend their entire time before exams with their books open and their pen poised for action. However, research has proven that exercising such as taking a walk can boost your memory and brain power.

## 3. Plan your Study Routine

This may not be a big surprise but what is shocking is the amount of students who discount the benefits of creating a personal study plan. With some initial effort, you can become more productive and motivated each day you approach your study by understanding your learning progress.

## 4. Play with Bubble Wrap and Puppies

Where do puppies come into exam stress? Lots of universities have installed 'puppy rooms' where students can come to relieve stress and anxiety. Pets have also been found to help students focus while studying but we wouldn't recommend them dropping into the library with their pet hamster! Popping bubble wrap is another stress reliever they can save for home study.

## 5. Try to Get Enough Sleep

The benefits of a proper night's sleep can never be underestimated. Most importantly, sleep helps your brain to assimilate new knowledge into your long-term memory so that you can recall it when it comes to test day. **Encourage your son/daughter to give you their electronic devices at bedtime to make sure they aren't distracted from sleeping by their phones or tablets.**

## 6. Use Mobile Apps

There are tons of mobile apps designed to improve your quality of life. Whether you want to get better organised, improve your mental arithmetic or get help with an exercise routine, there's an app for that.

## 7. Meditation

Meditation is one of the most effective ways to take a break and see your stress from a different perspective. Practicing meditation is another way to maintain focus while improving both mental and physical health to reduce pre-exam stress.

## 8. Eating Dark Chocolate

Believe it or not this is 100% true. Eating dark chocolate which is over 70% cocoa fights the stress hormone cortisol and has an overall relaxing effect on the body. Plus chocolate releases endorphins which act as a natural stress fighter.

## 9. Let it All Out

Sometimes you just need to talk to someone, other times you need to shout it from the rooftop or scream from the top of your lungs. Help your child figure out what they're feeling and then encourage them to let it out. Speaking to a family member or friend can highlight the bigger picture for your son/daughter and empower them to rise above the exam stress.

## 10. Break Free from Distractions

I bet your son/daughter doesn't even realise the number of times they check Facebook, Instagram or whatever their favourite social media is. When you add it all up together, it amounts to a significant waste of time. It can be hard for them to detach from their life outside of studying but keeping the end goal and timeframe in mind will ease the process.

# Help Power Your Child to Perform

**Students need to fuel their bodies with the right foods at the right times to energise their system, improve their alertness and sustain them through long exams. The wrong food choices can make them feel sluggish, jittery, burned out and crash their energy levels. Exams are like mental marathons so endurance is the key. Use the following nutrition tips to help your son/daughter perform at their best on exam day.**

## P – Preparation

They need to start the day with a nutritious breakfast. Their brain needs the energy from food to work efficiently and they need to keep their mental focus on their exam and not on their hunger. The best breakfasts should include slow-release carbohydrates, such as porridge oats, whole grain bread or low-sugar muesli, as these provide slow release energy. Add a protein food, such as milk, 0% fat yoghurt or eggs, to help them feel full for longer, you can also add a banana, berries or nuts & seeds. If they really cannot stomach food, then try offering them a healthy smoothie.

## E – Energy Levels

Students need to eat at regular times throughout the day and avoid high sugary foods such as pastries, sweets, caffeine and fizzy drinks. These will give them energy highs and crashes. The aim is to keep their blood sugars and energy levels stable by eating a combination of wholegrain carbohydrates, proteins and healthy fats. Example foods for lunch include wholegrain sandwich, jacket or sweet potatoes with tuna, baked beans or a protein filling. Wholegrain rice or pasta mixed with protein. Wholemeal roll/wrap with cold meat, fish, egg, cheese or peanut butter and salad. Omelette with cheese, ham, mushrooms or tomatoes.

## R – Re-hydrate

Offer them a glass of water, ideally with lemon, at the start of the day. Encourage them to carry a bottle of water around with them and take it into the exam. Limit caffeine, fizzy or sugary drinks as this will lead to energy highs and lows. Dehydration can cause their brain to shut down, not work effectively and give them headaches. Encourage them to try to drink at least 2 litres of water every day to help them think faster, keep focused and give their brain energy to function.

## F – Focus Fuels

Give them brain boosting foods to snack on throughout the day, such as fresh and dried fruit, nuts and seeds. Snacks such as peanut butter on rice cakes or cottage cheese on celery sticks, cheese and oat cakes or crackers, toast and Marmite or peanut butter, non-sugary popcorn, 0% fat yogurt, raw vegetables – carrots, avocado, peppers, tomatoes or a small amount of dark chocolate are all good options.

## O – Omega 3's

Omega 3 has been shown to help brain function and increases concentration. It also helps to improve your immune system when your body and mind are stressed. The best source of Omega 3 is oily fish such as mackerel, sardines, salmon and trout. A great lunch would be fish on wholemeal toast. Other foods include walnuts, chia seeds, spinach and eggs. They could even take a supplement of cod liver oil tablets.

## R – Re-think brain blockers

On exam day, help them stay away from foods made of white flour, such as cookies, cereal bars, pastries, cakes and muffins, which require added time and energy to digest. They shouldn't have turkey before an exam as it contains L-tryptophan, an essential amino acid which makes you feel sleepy. Avoid heavy carbohydrate meals as these can make them feel sluggish if eaten in large quantities. They should eat lighter meals making sure it is enough to feel satisfied but not so much as to feel full and don't try out foods that they haven't had before!

## M – Macro-nutrients

Provide them with a combination of protein, fats, and carbs at every meal on exam day. Protein provides amino acids that create dopamine and norepinephrine. These brain chemicals make you feel more alert, attentive, and energetic. Complex carbs turn into glucose which fuels your brain. Carbs also create serotonin which can help them feel calm and put you in a positive frame of mind about their test. Having some healthy fats can keep them feeling full longer and help stabilize their blood sugar levels.

*Pre-planning their meals with them during their exams will give their brains and bodies the best possible fuel for maximum efficiency and therefore greatest success.*

# Quiet Rooms and Support Sessions

Support sessions are held after school between 2.30pm and 3.30pm.

DEPARTMENT	Mon	Tues	Wed	Thurs	Fri
<b>Childcare</b>	GCSE Childcare & Health & Social Grade Raising - V4/V6	GCSE Childcare & Health & Social Grade Raising - V4/V6			
<b>English</b>		GCSE Grade Raising		GCSE Grade Raising	
<b>History</b>		History Revision workshop E5			
<b>Maths</b>	Maths Club - F3	Maths Club - F4/F9/F10		Maths Club - D2A	
<b>MFL</b>	GCSE French Grade Raising - C3			GCSE French Grade Raising - C3	
<b>Product Design</b>		Theory - A5		Theory - A5	
<b>Science</b>			Science Support - D11	Science Revision Club - D19	A*/A Revision Club - D19/D14
<b>Media Studies</b>				Revision club - B7	
<b>Music</b>	Revision club - M3				
<b>Quiet Room</b>	C2 - 2.30-4.00pm C3 - 2.30-4.00pm C6 - 2.30-4.00pm B1a - 2.30-4.00pm M3 - 2.30-3.30pm D2 - 2.30-4.00pm E7 - 2.30-4.00pm V2 - 2.30-3.30pm L3 - 2.30-3.30pm	C2 - 2.30-4.00pm C4 - 3.00-4.00pm D2 - 2.30-4.00pm E7 - 2.30-4.00pm B1 - 2.30-3.30pm B4 - 2.30-3.30pm C8 - 2.30-3.30pm		C2 - 2.30-4.00pm C4 - 3.00-4.00pm V7 - 2.30-3.30pm E7 - 2.30-4.00pm D14 - 2.30-4.00pm L3 - 2.30-3.30pm C8 - 2.30-3.30pm E2 - 2.30-4.00pm	D2 - 2.30-4.00pm E7 - 2.30-4.00pm C4 - 3.00-4.00pm