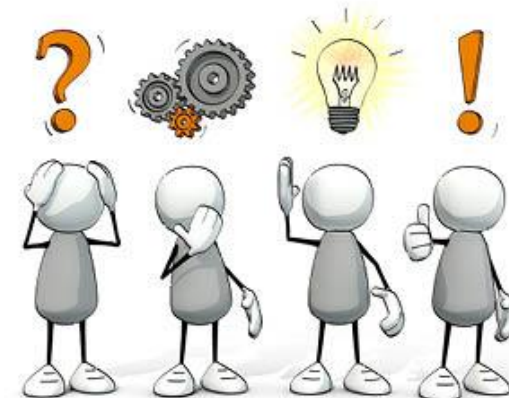
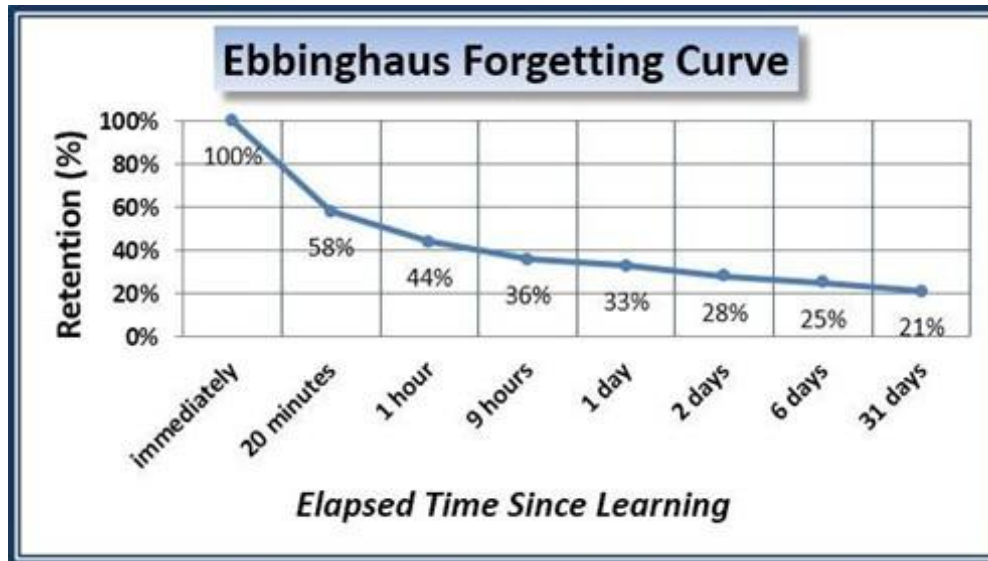


Top tips to support your child through their gcse exams

Revision myths

1. Revision is not something you plan - it just happens by magic
2. Revision only happens at the end of Y11
3. Revision is just learning content
4. Revision is just rote learning questions and answers
5. Revision is just past paper after past paper



The Iceberg Illusion

Success is an iceberg

SUCCESS!

WHAT PEOPLE SEE

Persistence



WHAT PEOPLE DON'T SEE

Failure



Dedication



Hard work



Sacrifice



Good habits



Disappointment



@sylviaaduckworth

How can you help your child and prepare them to perform?



LONGBENTON
HIGH SCHOOL



1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns
7. Unplugging
8. Staying cool & calm
9. Belief
10. Be supportive

Each day you can support your child to make choices which can impact how they perform during the exam period

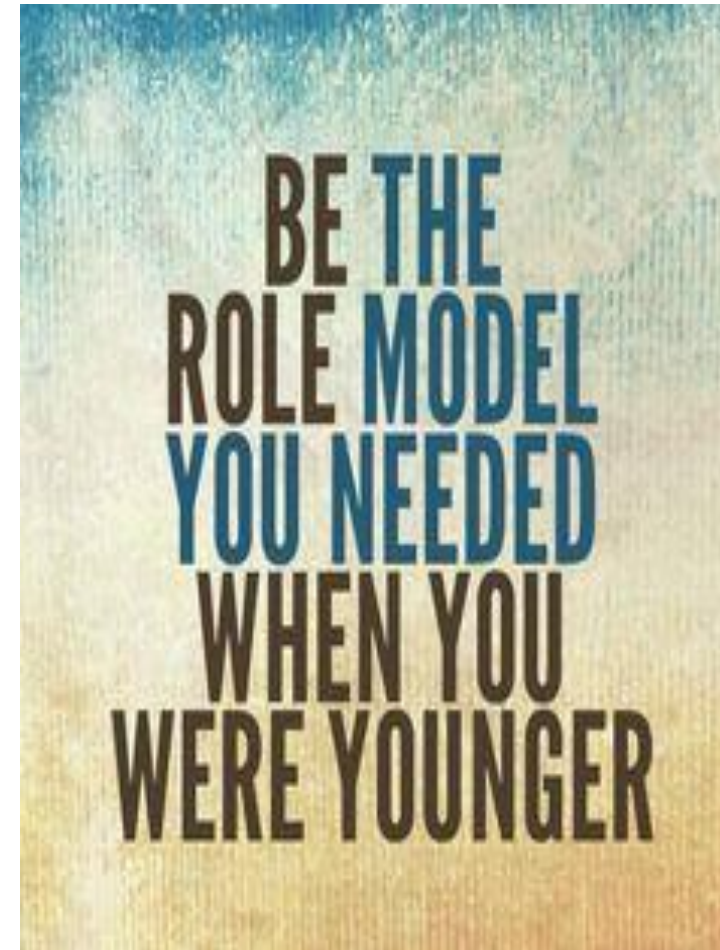
1. Being a role model

Set a good example by modelling the behaviour you want your child to adopt...

- ✓ Planning for the week
- ✓ Eating healthily and well
- ✓ Keeping hydrated
- ✓ Leading an active life
- ✓ Staying calm
- ✓ Being organised
- ✓ Good sleep habits



**Longbenton
HIGH SCHOOL**



2. Goal Setting

- ✓ **Encourage** them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall
- ✓ **Help focus** them and talk to them about their goals regularly
- ✓ Give **positive reinforcement**
- ✓ **Connect** with them about **‘why’** and **‘what’** they want to achieve



3. Keeping Active

- ✓ Encourage them to keep active on a daily basis
- ✓ Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- ✓ Plan to do active things together on a weekend
- ✓ Go out for a walk together and get some fresh air
- ✓ Help them plan out their weekly exercise schedule in advance
- ✓ After exercise your brain functions well, so encourage a revision session afterwards



4. Healthy Eating

- ✓ Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- ✓ Carry out a weekly food shop and make sure you write a list
- ✓ Avoid high sugary and fatty foods or drinks
- ✓ Aim to eat clean, fresh and healthy foods
- ✓ Have a couple or ‘treat’ meals / or meals out per week
- ✓ Use the Mark Lloyd recipes and meal planner as guidance
- ✓ Encourage them to eat breakfast everyday
- ✓ Hydration is key to brain functioning so make sure your child carries a bottle of water with them



4. Healthy Eating



Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams

Carbohydrates Macro Cheat Sheet

Breads			
Rice			
Couscous			
Cereals			
Bran			
Potatoes			
Pasta			
Oats			
Cream of Wheat			
Corn			
English Muffins			
Pancakes			
Whole Wheat/			
Whole Grains			
Vegetables			
Squash			
Pumpkin			
Berries			
Fruits			
Sugars			
	Proteins		
	Beans	Chicken	Eggs
	Sprouted	Turkey	Salmon
	Grains	Egg Whites	Bacon
	Quinoa	Fish	Chia Seeds
	Most Yogurts	Buffalo	Cottage Cheese
	Skim Milk	Bison	Whole Fat Milk
	Peas	Whey Protein	Duck
		Turkey Bacon	Whole-Fat Yogurt
		Lean Beef	
		Low/Non-fat cottage cheese	
		Low/Non-fat greek yogurt	
			Fats
			Acocado
			Nut Butters
			Egg Yolks
			Nuts
			Oils
			Olives
			Flaxseed

MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables

Nuts

Pulses

UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

Green vegetables

Asparagus / Spinach

Broccoli

Yoghurt

Chicken / Salmon

Whole Grains / Brown rice

Almonds / Pecans

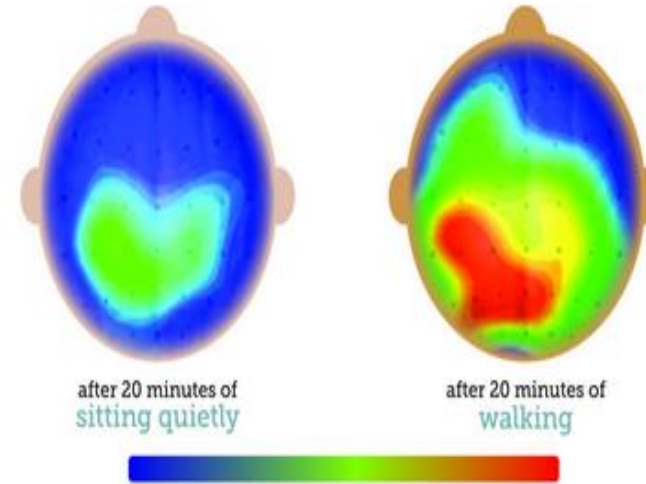
Eggs

5. Time Out

Encourage them to build in opportunities to take some time out every week, away from study. For example:

- ✓ Going out for food
- ✓ Seeing friends
- ✓ Having a bath
- ✓ Listening to music
- ✓ Reading a book
- ✓ Doing a hobby
- ✓ Going shopping
- ✓ Going to the cinema

BRAIN SCANS OF STUDENTS TAKING A TEST:



- Your brain uses up more glucose than any other bodily activity. Typically you will have spent most of it after 45-90 minutes
- So take a break: Get up, go for a walk, have a snack, do something completely different to recharge.

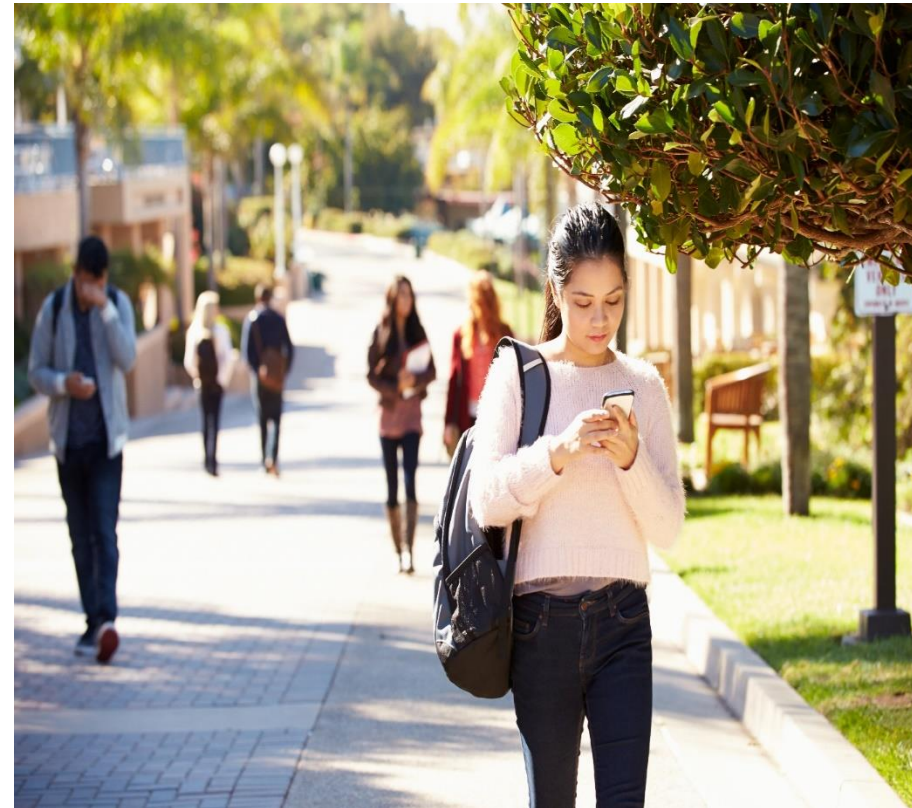
DISCUSS: What happens if you don't get enough sleep?

- Reduced decision-making skills
- Poorer memory
- Reduced concentration
- Reduced work efficiency
- Shortened attention span
- Increased risk for weight gain, depression, diabetes and cardiovascular disease
- Reduced alertness
- Poorer judgement
- Reduced awareness of the environment and situation
- Slower than normal reaction time



7. Unplugging

- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their phone
- ✓ Choose some time each day/week to switch off and unplug from technology with them



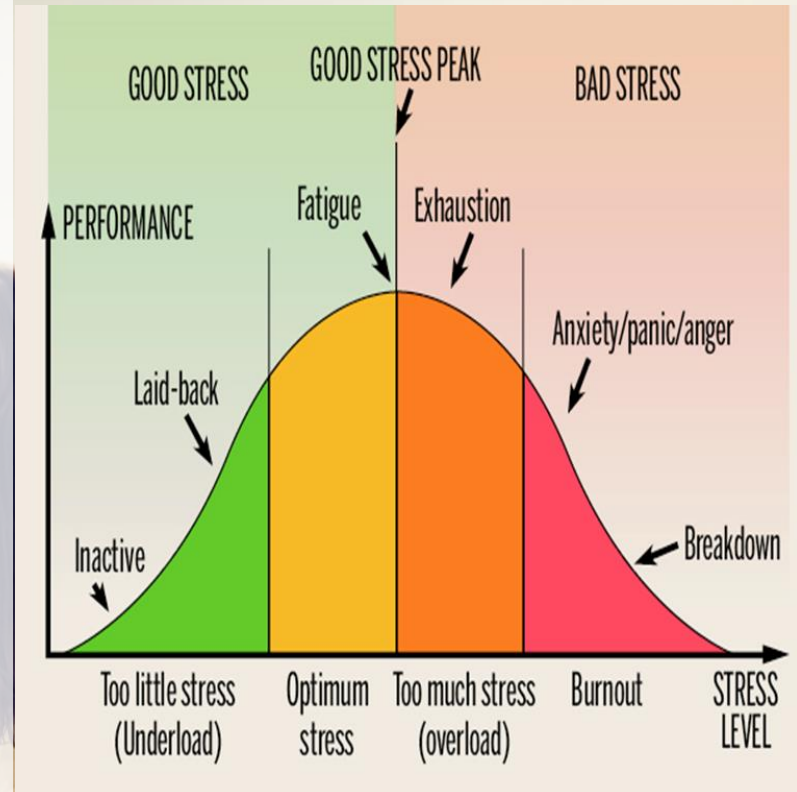
8. Staying Cool & Calm



Longbenton
HIGH SCHOOL



- ✓ Set a good example by staying calm yourself
- ✓ Create a relaxing environment for your child
- ✓ Help them plan out coping strategies to deal with their stress
- ✓ Give them positive distractions away from studying
- ✓ Help them understand their stress & to focus on controlling the controllables
- ✓ Promote a balance of their academic studies & other activities during the week



9. Belief

- ✓ Give them positive reinforcement
- ✓ Boost their confidence daily
- ✓ Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- ✓ Try not to set your expectations too high
- ✓ Show them how proud of them you are
- ✓ Highlight things to make them feel good
- ✓ Give them the belief in themselves to help them achieve

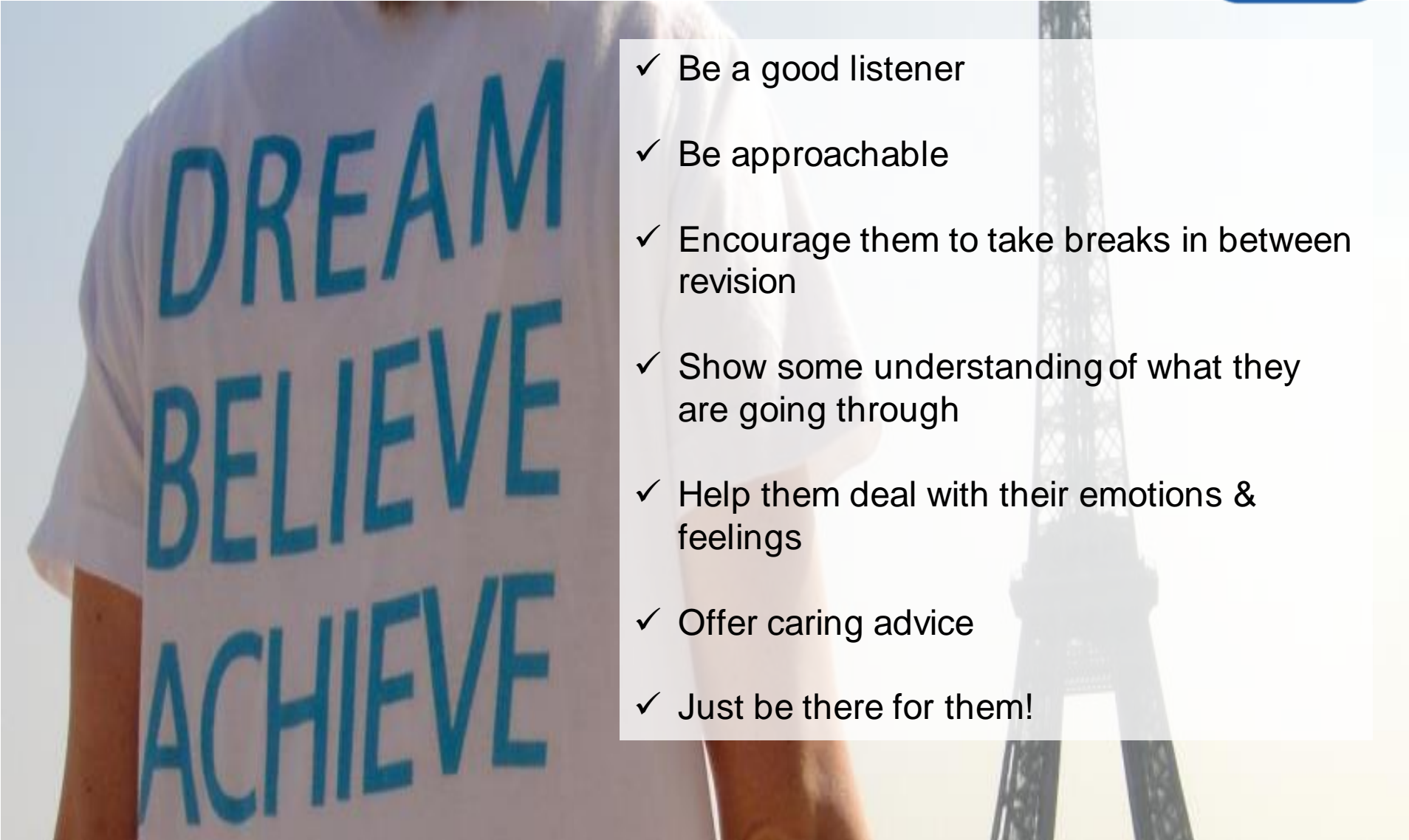


LONGBENTON
HIGH SCHOOL



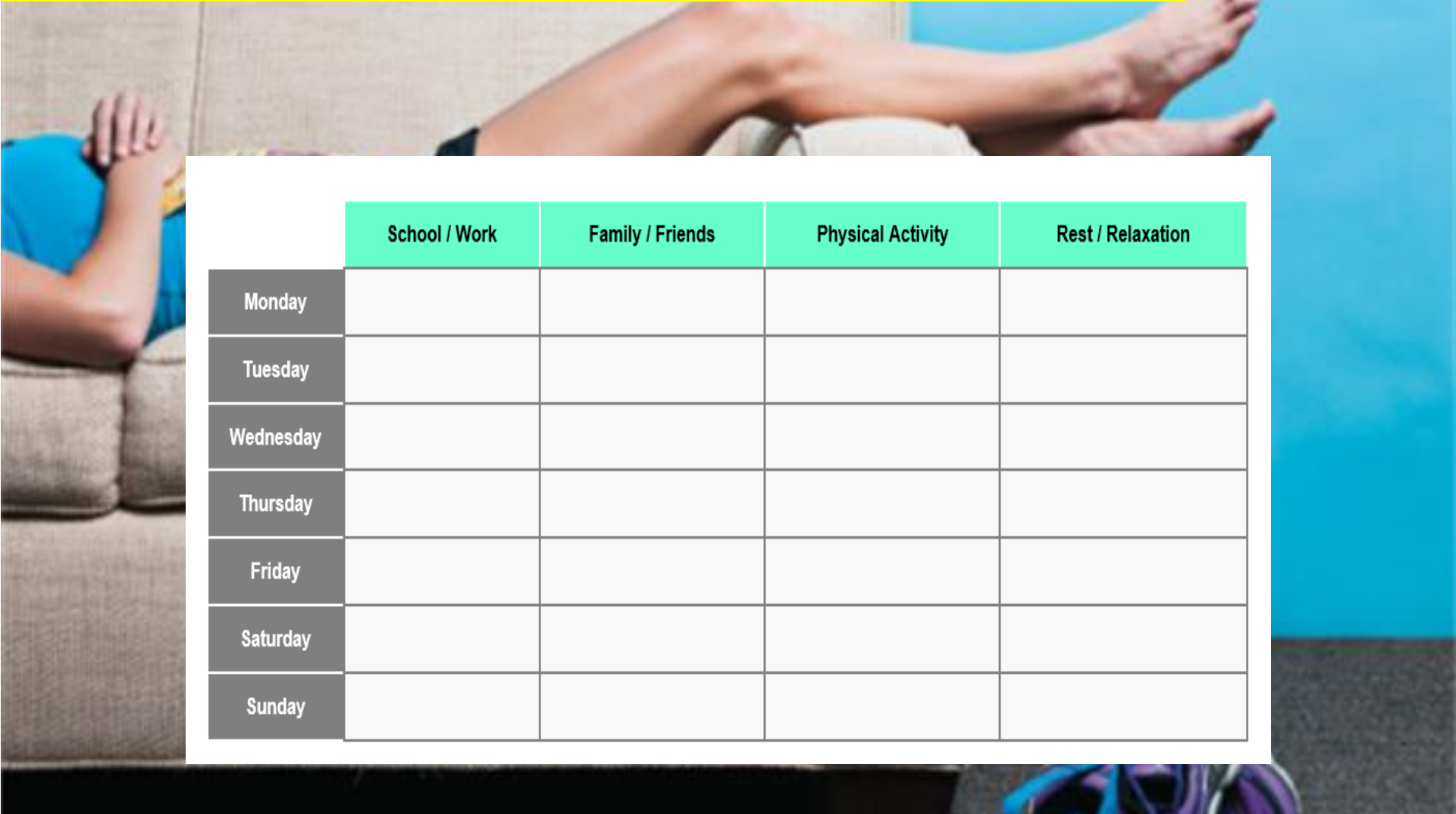
**BELIEVE
YOU CAN
& YOU'RE
HALFWAY
THERE.**

10. Be Supportive



- ✓ Be a good listener
- ✓ Be approachable
- ✓ Encourage them to take breaks in between revision
- ✓ Show some understanding of what they are going through
- ✓ Help them deal with their emotions & feelings
- ✓ Offer caring advice
- ✓ Just be there for them!

TASK: Map out your week with the time you can spend on each of the different categories. Help your child to plan their time.



	School / Work	Family / Friends	Physical Activity	Rest / Relaxation
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				