

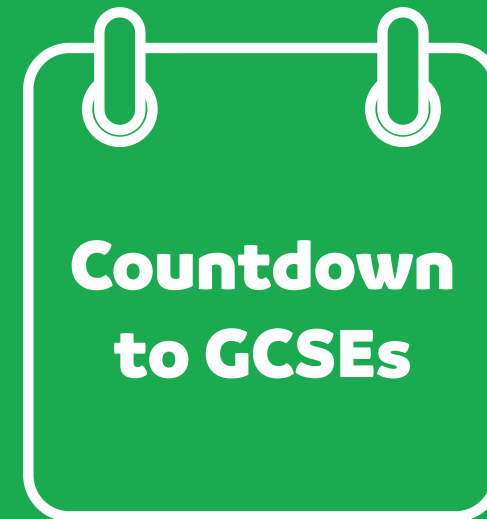


It is vital that we work together to ensure your child achieves their full potential and communication is key to that success. If you have ANY queries or concerns, please do not hesitate to get in touch with us. Your first point of contact should be with myself via the following email:



Year 11 Leader
Mr Huyton
dhu@birkenheadparkschool.com

Top 10 **tips to support your child through Year 11**



For the latest information on exams, please visit:

www.birkenheadparkschool.com/curriculum/exam-information

Ambition **AND**
EXCELLENCE
FOR ALL

Top 10 tips to support your child through Year 11

#1 Be a Role Model

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

- Planning for the week
- Daily routines
- Calm and organised
- Good sleep habits

#2 Help Them Set Goals

Help focus them and talk to them about their goals regularly.

Connect with them about 'why' and 'what' they want to achieve.

#3 Keep Them Active

Encourage them to keep active on a daily basis and do things together.

#4 Healthy Eating

Encourage them to eat breakfast everyday.

Hydration is key to brain functioning so make sure your child carries a bottle of water with them.

#5 Take Time Out

Encourage them to build in opportunities to take some time out every week, away from the pressures of Year 11. For example:

- Seeing friends
- Listening to music

#6 Sleep Patterns

Young people need between 8 – 9 hours sleep per night.

Avoid caffeine or sugary drinks late at night.

Help them switch off from technology at least 30 mins- 1 hr before going to sleep.

#7 Unplugging

Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework.

#8 Staying Calm

Create a positive and calm environment by planning revision and avoiding exam stress.

#9 Believe in Them

Celebrate any successes and reward them.

Show them how proud of them you are.

#10 Time Out

Be a good listener

Help them deal with their emotions & feelings

Be a champion for them!