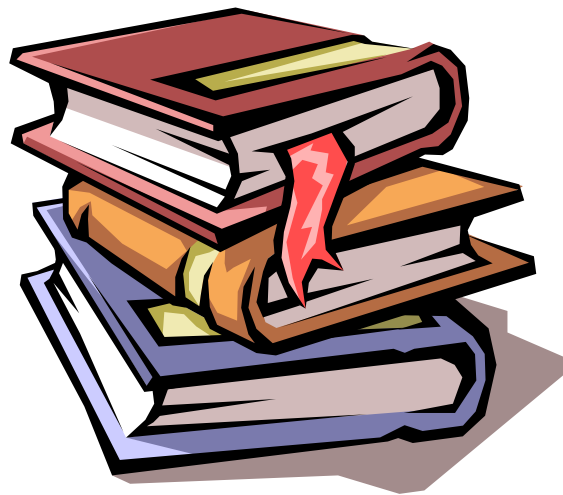




Taverham
High School
An 11-18 Academy

GCSE Support Guide for Parents & Carers

(To be read in conjunction with the Student Guide)



GCSEs What a parent/carer can do?



Many parents/carers feel at a loss when their children enter their examination period. However, your involvement in the next few months is crucial – research has recently shown that parental support is **eight times** more important in determining a child's academic success than social class with parental involvement meaning the difference between an A* and an 'also-ran' at GCSE.

And, the good news is that you don't have to be an expert in any of your child's subjects – it is simply the time and encouragement you give them that can make all the difference.

We know that often children don't want to talk to their parents/carers about school – calmness and encouragement are the two qualities parents/carers can contribute and maybe, from time to time, a firm hand in restricting the amount of time your child goes out or plays on the X Box. On the other hand parents/carers will need to recognise when their child is getting overly worried or stressed and step in to make sure they take part in other activities to alleviate the stress.

Below are 10 things you can do to make it a little easier in the build up to exams.

1. Make sure your child has a quiet place to study with no distractions
2. Encourage your child to make a revision timetable. This pack contains clear instructions as to how students should write one. Once completed, chat with your child as to how you plan to monitor their revisions perhaps building in rewards and praise. The plan encourages students to work in half hour slots with quarter hour breaks. Have some snacks at hand to reward during the breaks
3. Make sure your child has read through the Revision Guidance and can explain to you what they think will be the right approach to revision for

them – do they learn best by making reduced notes and revision cards, do they learn best by drawing mind maps and spider diagrams or do they learn best by talking out loud?

4. When your child is revising you can encourage them by asking them to explain to you something they have revised. If you can follow their verbal explanation it is a good indication that they have learned it well.
5. Make sure they have identified the topics they feel weak in and then encourage them to tackle one of these difficult topics each day
6. Invite a friend round so that they can work in pairs and test each other
7. Make sure the Exam timetable is displayed so that your child arrives at school each day at the right time, with plenty of time to spare. During the exam period make sure your son/daughter gets an early night and a good night's sleep, is eating well and has a good breakfast and has all the equipment needed for the exam.
8. Encourage your child to take exercise – if they have a regular commitment to a sport's team encourage him/her to continue to attend. For others encourage them to go for a walk with you or to go swimming, running, cycling or dancing.
9. Watch out for signs of stress
 - Low self confidence
 - Loss of interest
 - Tiredness
 - Poor memory and concentration
 - Fearful for the future
 - Eating more or less
 - Sleeping more or less
 - Stomach disorders or headaches
 - Crying



If you are worried that your son/daughter is suffering from stress-related symptoms chat to them and, if necessary, chat to teachers at school.

10. Make time for treats. Don't use rewards as bribes. Instead encourage them to work for their own satisfaction, offering small, frequent treats

All in all, your role is to provide all-round support and love. Accept that this is going to be a stressful time for the whole family – expect outbursts and try to remain calm. When your child is on study leave try to be at home as much as possible. Make sure there are plenty of healthy snacks in the fridge and try to provide good nutritious food at regular intervals. Encourage your child to join family meals and activities – it is important that they get away from their books from time to time. Most of all let your child know that you love him/her and are proud of him/her whatever the outcome. And when it is all over you and they can celebrate!

