



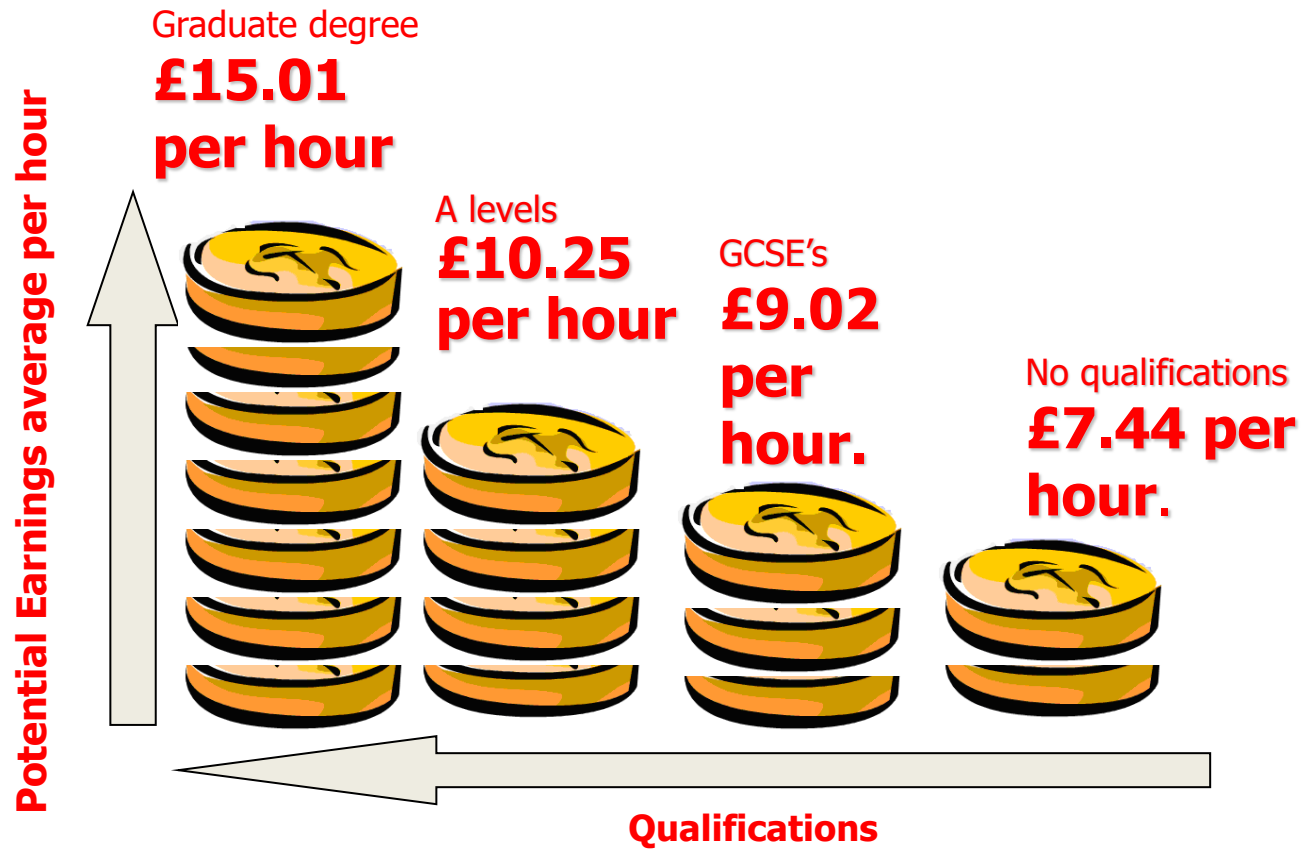
The leadership at this school will mean that pupils have a greater chance of success than if they went anywhere else.

<https://www.youtube.com/watch?v=gBY3q8TqoXY>

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What are you willing to sacrifice?? £27k??

Further Education Providers
only offer level 3 courses to students
with 5 GCSEs including English
Language and Maths

Level 1 – Equivalent of
GCSE D – G (0-3)

Level 2 – Equivalent of
GCSE A* – C (4-9)

Level 3 – Equivalent of up
to 3'A' Levels

Students are placed onto a 1 year Entry to further
education course.

Video at 6:27

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Parental support is eight times more important in determining a child's academic success than social class, according to a new study. The Campaign for Learning found that parental involvement in a child's education can mean the difference between an A* 'also-ran' at GCSE. (TES, 10th Oct 2003)

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Children will differ in their levels of maturity, their ability to take responsibility for their learning, organisational skills and levels of motivation.

This is where you come in- you are the expert on your own child and have always been their most important teacher. Your support, encouragement and interest makes a massive difference to your child's motivation and ability to cope with the academic and organisational demands of the exam years.

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Relevance

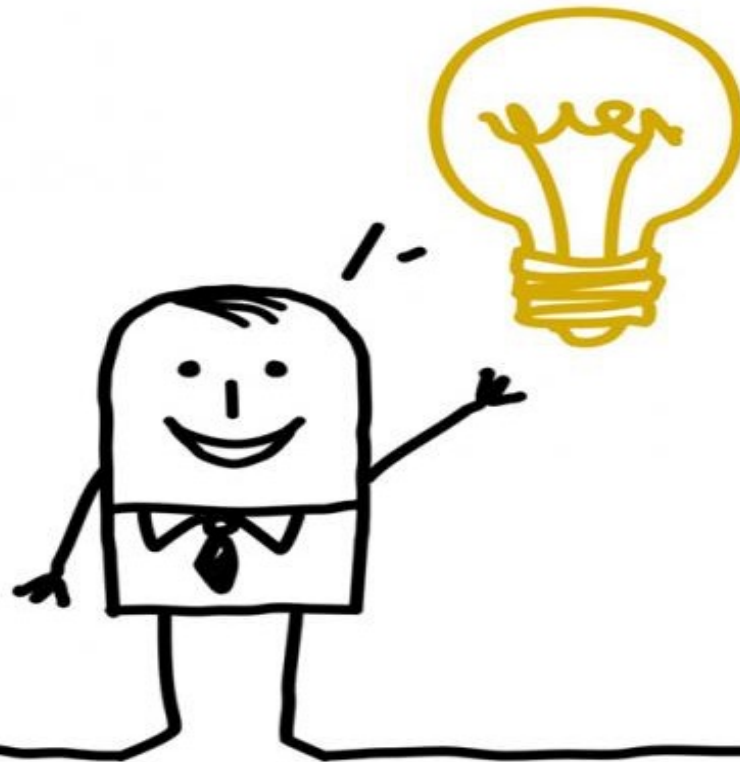
Turn dreams into goals

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Booklets available at the back of the hall as you leave.



Top tips to support your child through their exams

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'There are no secrets to success. It is the result of preparation,

How ready are you to perform?

All of our hard work comes together when we have an opportunity to perform, whether that's in a sports competition, a theatrical performance or in an examination.

When we think about how we can prepare to perform, we think about the 'content' of that performance: the lines we need to perform in the play or the content we need to know for an examination.

There are so many things that influence a performance though and, to be the best, all of these factors need to be worked on – not just revision.

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WHAT ARE WE DOING?

- Revision Plans
 - Revision Techniques
 - Mentoring
 - Period 6
 - Adapted lessons
 - Silent Study Area
- (open during free time from 8am-5pm)

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



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

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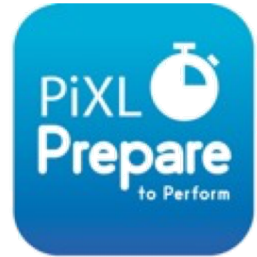
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1. Being a role model

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

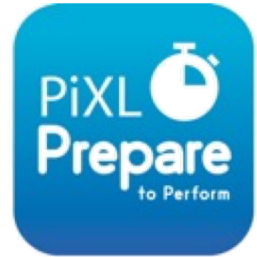
- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



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2. Goal Setting



- **Encourage** them to keep their goals in mind – 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



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Performance: it's all in the preparation

‘Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character.’

Alan Armstrong

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<https://vimeo.com/258176332/22c1aa5ffa>

<https://vimeo.com/258161829/133e991ed8v>

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

60
minutes
per day



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What did you have for breakfast?



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We are always told that 'eating well' is important – but why?

Nutrition, quite literally, powers us to perform.

We may feel that we are working our hardest to achieve our goals, but if we are not fuelling our bodies in the best way then we aren't going to perform at our best.

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Nutrition: Power to Perform

We must fuel our bodies in the best way we can to:

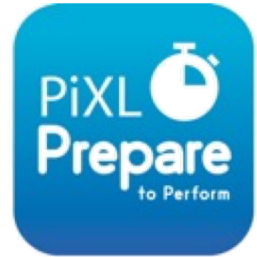
- energise our bodies and minds
- improve our alertness and ability to respond to whatever is thrown at us
- sustain us through revision, examinations and everything else life brings our way
- perform to the very best level we can.

It may seem a simple and small tweak to make, but if we make the wrong decisions about our nutrition, we may:

- feel sluggish and lack energy
- have lower levels of concentration
- respond less effectively to situations that arise
- burn out
- our energy levels may crash.

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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



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Nutrition: Power to Perform – Preparation

As part of your preparation for the day, you need to begin with a nutritious breakfast.

Your brain needs energy to perform efficiently.

Try to eat foods with slow-release carbohydrates, such as porridge, whole grain bread or muesli. Add proteins into the mix to help keep you fuller for longer, for example milk, yoghurt or eggs if you have time!

If you aren't a 'breakfast person' experiment with smoothie recipes that use oats and protein-rich ingredients which may be easier to stomach!

School canteen will be offering 'exam breakfasts' over the next 6 weeks.
Open from 8.00am-8.25am

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Nutrition: Power to Perform – Energy levels

It is important to eat regularly throughout the day and avoid foods that are high in sugar such as pastries, sweets and fizzy drinks. Although they may taste delicious, they bring energy highs and crashes.

Aim to keep your blood sugar and energy levels stable by eating a combination of whole grain carbohydrates, proteins and healthy fats such as sandwiches, jacket potatoes, pasta etc.

Nutrition: Power to Perform – Re-hydrate

Dehydration can cause our brains to shut down and therefore not work as efficiently. It can also cause headaches.

We should aim to drink at least 2 litres of water everyday to help us think faster, remain focused and ensure our brains have enough energy to function.

A great way to start your day is drinking water with fresh lemon in. Carry a bottle around so that you can re-hydrate throughout the day.

Nutrition: Power to Perform – Focus fuels

Snacks are a great way to fuel our bodies continuously throughout the day with brain boosting foods.

Some delicious snacks that can help power our brains are:

- fresh and dried fruit
- nuts
- seeds
- peanut butter and rice cakes
- non-sugary popcorn
- 0% fat yoghurt
- avocado
- a small amount of dark chocolate.

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<https://vimeo.com/213116998>

<https://vimeo.com/213000660>

Improving your nutrition

To help you improve your diet even more and optimise your ability to perform to the best of your ability, make use of the recipe booklet.

There are 20 meal recipes and 6 snack recipes specifically designed by chef Mark Lloyd to help you feel fuller for longer and to perform well.

These are also available in card form and there are videos showing step by step instructions.

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A DIFFERENT FISH FINGER SANDWICH



This dish has been specially created by our chef, Mark Lloyd.

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Helps improve mood, regulates blood pressure and stabilises blood sugars.

The best time to eat this dish: At lunchtime before an exam or afternoon of revision.

Reason: Haddock is high in protein, low in fat and packed full of essential B vitamins. All the nutrients in this dish are useful for helping our bodies stay energised and motivated. Omega 3s stimulate brain function and increase your concentration. Wholemeal bread or buns will maintain your energy levels for longer and enhance your memory function.

COD FISHCAKE AND CHIPS



CHILLI CON CARNE WITH JEWELLED RICE



CHICKPEA AND VEGETABLE CURRY



A DIFFERENT FISH FINGER SANDWICH



MEXICAN CHICKEN ENCHILADAS



PEANUT CHICKEN AND NOODLES



FLORENTINE PIZZA



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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



TAKING TIME OUT

IS AS IMPORTANT AS PUTTING TIME IN

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Rest and recover: the importance of breaks

However, just like any other muscles in our body, our brains need rest and time to recover in order to perform at their best.

<https://www.youtube.com/watch?v=W--ZESOVkqk>

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Rest and recover: the importance of breaks



If we don't take the time to rest and recover, we risk becoming unwell, stressed, drained and eventually burning out.

The power of rest:

- allows our bodies to regenerate
- helps us survive
- renews and restores cells
- keeps our bodies functioning well
- increases productivity and concentration
- replenishes our muscles, bones, tissues and cells
- improves our mental well being.

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How can we rest and recover?

- learning a new skill
- sporting activity
- playing an instrument
- drawing
- reading
- writing
- yoga
- mindfulness
- jigsaw puzzles
- dancing
- painting



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What do you do before you go to sleep each night?



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Why is sleep important?

If we don't get enough sleep, we risk reducing our:

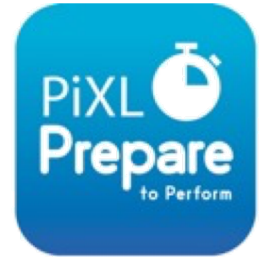
- decision-making skills
- memory
- concentration and efficiency
- alertness
- awareness and ability to respond effectively to situations
- reaction and thinking times.

How can we improve our quality of sleep?

- Avoid big changes to your sleep routine, such as lengthy lie-ins on weekends.
- Avoid doing work close to bed time so that your brain can 'wind down'.
- Avoid screens and stressful discussions/activities close to bedtime.
- Create a relaxing pre-bed routine, free from over-stimulation from screens, sugar and caffeine.
- Incorporate exercise into your day, but not too close to bedtime.
- Allow enough time in between dinner and sleep so that you aren't too full and your body won't be busy digesting food.
- Write down any thoughts or concerns to help avoid them 'buzzing' around your head.

6. Sleep Patterns

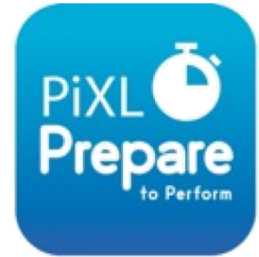
- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime



How can we 'wind down' before bed?

- Turn phones off!
- Have some alone time, listen to music, read a book (for enjoyment!) or relax doing yoga.
- Get some fresh air by taking a relaxing walk.
- Have a bath.

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



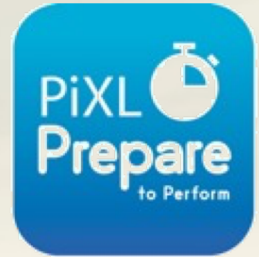
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8. Staying Cool & Calm



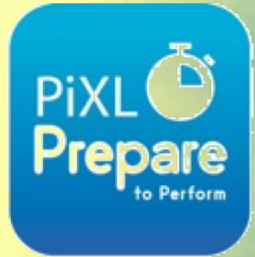
- Set a good example by staying calm yourself
- Create a relaxing environment for your child
- Help them plan out coping strategies to deal with their stress
- Give them positive distractions away from studying
- Help them understand their stress & to focus on controlling the controllables
- Promote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

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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



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

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How can we boost our mental energy?

‘In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact.’

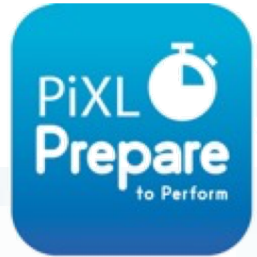
Les Brown

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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!

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How can we boost our mental energy?

‘Always turn a negative situation into a positive situation.’

Michael Jordan

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