29 May 2018

Dear Parents and Carers

**KS4 Weekly Revision Tip #5**

Following on from the Educational Psychologist Workshop, we are publishing weekly revision tips to help you support your son/daughter in their preparation for their Year 10 Trial Exams which commence on Monday 18 June.

It is essential that they prepare to the best of their ability and they should now be completing extensive revision at evenings and weekends. This ‘Weekly Revision Tip’ will be shared with students at the start of each week in assembly.

**Tip #5 - Sleep and Diet**

It goes without saying that being tired is not conducive to revising effectively and it certainly won’t aid exam performance. It is essential that your son/daughter is getting enough sleep in the build up to and during the exam period. Whilst there is endless research and advice for effective sleep we recommend the following principles:

- Have a consistent bedtime and morning alarm time
- Have a set routine at bedtime
- Avoid using electronic devices such as phones, TV’s etc close to bedtime
- Avoid drinking caffeine after 5pm
- Avoid food and drink within 1 hour of bedtime

Food intake in the build up to exams undoubtedly impacts exam performance. Students must ensure they have a healthy and filling breakfast/lunch prior to their exam allowing plenty of time to digest the food. Equally it is critical that your son/daughter is fully hydrated before entering the Exam Hall and take small sips throughout the exam from a clear water bottle.

Further guidance can be found on the School website via the link below which includes all of the revision tips and links to useful revision websites.

[http://www.rickmansworth.herts.sch.uk/779/students/key-stage-4](http://www.rickmansworth.herts.sch.uk/779/students/key-stage-4)

Thank you for your ongoing support.

Yours sincerely

Mr S White and Mrs K Link
Key Stage 4 Team