6 December 2018

Dear Parents and Carers

KS4 Weekly Revision Tip #8

Following requests from parents we are pleased to provide you with this week’s ‘Weekly Revision Tip’ for parents and carers. These tips will help you support your son/daughter in their preparation for their Trial Exams in December.

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

Tip #8: 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.

It is the aim of Rickmansworth School to make the exam experience as stress free and successful as possible for all students. Rickmansworth School has produced an Exam Guidance Booklet which is available on the KS4/Student and Examinations areas of our website. We hope that this booklet will prove informative and helpful for parents and students. The Exam Guidance Booklet contains the GCSE examination timetable for the summer of 2019.

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

http://www.rickmansworth.herts.sch.uk/779/students/key-stage-4

Yours sincerely

Mr R Nelson
Director of Learning, KS4