16 May 2018

Dear Parents and Carers

**KS4 Weekly Revision Tip #8**

With the start of GCSE exams this week, here is the last in our series of weekly tips on preparation.

**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.

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

Thank you for your ongoing support. We wish all our students the best of luck in the following weeks.

Yours sincerely

Mr S White and Mrs K Link
Key Stage 4 Team