



## Abbot Beyne School

Our Ref: JPT/HMH

17<sup>th</sup> January 2025

Dear Parents and Carers

I have just come from our Year 11 Mock results assembly. In this assembly we have given all of our Year 11 students their mock exam results. We have tried to simulate the experience of how students will feel in the summer when they get their actual GCSE and BTEC results. For those students that have done well, we hope it inspires them to keep working hard. For those that have not done as well, we hope it motivates them to find a way to put more effort into what they are doing so that they get better results and are able to do the thing they want to do next year.

We then talked about a series of strategies that students can use that can be applied to any student in any year group. These strategies include

- Having breakfast every day
- Drinking enough water and having a good diet
- Getting enough sleep every night, having a good routine and not just trying to catch up at weekends
- Exercise
- Relaxing and socialising

However, the biggest difference students can make is having a routine and ensuring they use their time productively. We have suggested finding one hour, every school day, two hours every day at the weekend and three hours of every day they are on holiday to find time to revise. If that started this weekend it would equate to around 20 hours revision for each subject that they do. Secondly, in terms of revision, in the main it should be answering questions and completing past papers. Students can fool themselves by reading books or making notes that they are learning. Answering questions is much harder and makes them think more and is therefore a much better use of their time.

Finally I would urge students not to listen to music or have their phone in the room with them when they are working or revising. Research has shown that even though students say they can revise with music playing, overall students who revise in this way did worse in exams. Similarly, if their phone is in the room with them, part of their brain is always thinking about it and who might message them. It is much better if you have it for the hour they are revising and they get it back at the end as a reward.

I know we have focussed this on Year 11 students (it could equally have been Year 13) but if students can develop these habits lower down the school, using the idea of little and often, it will have a huge impact on their exam results in the future. Ultimately, all of the evidence shows students who put more effort into their studies get better grades, a statement that is probably blindingly obvious.

Apologies if you know all of this or you feel I am being a little patronising, but I wanted you to know what we are saying to our students so that you are able to support them at home, whenever you have the chance.

Kind regards

Mr Jamie Tickle

Headteacher