



Dear Parents/ Carers

Easter Revision

I just wanted to let you know about Easter revision sessions which are being run at school over the holidays.

- **PE GCSE revision Monday 10th April 10am – 12pm (Dining Hall)**
- **Chemistry revision Tuesday 18th April – Friday 21st April (Science block)**

The students who have signed up for Chemistry revision will have already received a letter detailing which particular days they should attend. Please ensure that your daughter brings a packed lunch and refreshments for any days that they attend as they will not be allowed to leave school site for safeguarding reasons.

General Revision

At this point in the run up to GCSE exams, students should now be working at home most evenings for two hours (either on homework or revision) and also for at least four hours of each weekend day. It seems a lot, but as we have been telling them, the pain is temporary but the results are permanent!

Students should have used their PPE results to identify the subjects and topics that need the most revision, and should be prioritising them. Over the Easter holidays, students have been advised to divide each day into three sessions (morning, afternoon and evening) and to study for at least two out of the three sessions, focused on one subject per session. Each session should last for two hours but mini breaks of 5 minutes should be taken every 20-30 minutes. The best revision practice is to avoid just re-reading text books and notes and instead to conduct 'active' revision. This includes making further notes, making revision cards and most importantly of all, completing past papers and exam questions.

I have attached a blank revision timetable which you and your daughter could fill out together, planning in key events to work around, and using her latest STAR report to prioritise which subjects need most attention. A printed copy of your daughter's latest STAR report showing her latest predicted grades will be in her bag today and is also available for you to see on the parent and student portal. Please also continue to encourage your daughter to use online revision tools which we have bought into: Tassomai for Science, Active Learn for Maths and Duolingo for Languages.

We have spoken to Year 11 students about the importance of finding a balance of study and time off to relax. We have encouraged them to try to exercise (even if it just a walk) each day for their physical and mental well-being. We have, as you know, given Year 11 techniques for meditation and mindfulness and have also discussed with them the importance of healthy eating. During a recent flexible learning day, I spoke to Year 11 regarding the impact on the brain's ability to focus if they have too much sugar (through food and high-sugar drinks) and also not enough water throughout a day. I have also arranged a yoga enrichment, specifically for Year 11 that will run every Monday from 4pm – 5pm starting on Monday 24th April. Please encourage your daughters to come: it will have a positive impact on their well-being.

Please do contact your daughter's tutor, Head of House or me if you have any concerns or questions.

Nicola Bull
Head of School