



Individually
strong,
unstoppable
together.

How can you help your child and prepare them to perform?

Help them set goals

Keep them active

Healthy eating

Time out

Sleep patterns

Unplugging

Staying cool & calm

Belief

Be supportive

Promote revision resources

1. Goal Setting



- **Encourage** them to keep their goals visible – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about ‘**why**’ and ‘**what**’ they want to achieve



2. Keeping Active

- Encourage them to keep active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards

60
minutes
per day



3. Healthy Eating



- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple or 'treat' meals / or meals out per week
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them



3. Healthy Eating



A BALANCING ACT

Keep your sugar levels under control.

Macro Cheat Sheet

Carbohydrates		Proteins		
Breads	Beans	Chicken	Eggs	
Rice	Sprouted	Turkey	Salmon	Acocado
Couscous	Grains	Egg Whites	Bacon	Nut Butters
Cereals	Quinoa	Fish	Chia Seeds	Egg Yolks
Bran	Most Yogurts	Buffalo	Cottage Cheese	Nuts
Potatoes	Skim Milk	Bison	Whole Fat Milk	Oils
Pasta	Peas	Whey Protein	Duck	Olives
Oats		Turkey Bacon	Whole-Fat Yogurt	Flaxseed
Cream of Wheat		Lean Beef		
Corn		Low/Non-fat cottage cheese		
English Muffins		Low/Non-fat greek yogurt		
Pancakes				
Whole Wheat/ Whole Grains				
Vegetables				
Squash				
Pumpkin				
Berries				
Fruits				
Sugars				
				Fats

Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams

MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables
Nuts
Pulses
Fish
Bananas

UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

Green vegetables
Asparagus / Spinach
Broccoli
Yoghurt
Chicken / Salmon
Whole Grains / Brown rice
Almonds / Pecans
Eggs

4. Time Out



Encourage them to build in opportunities to take some time out every week, away from study. For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema



TAKING TIME OUT

IS AS IMPORTANT AS PUTTING TIME IN

5.Sleep Patterns



- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Remind them to avoid caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime



6. Unplugging



- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their phone



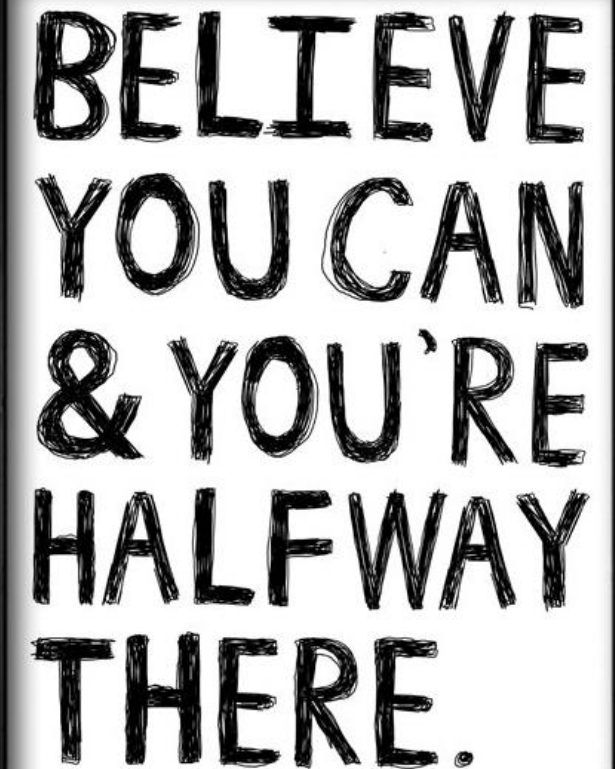
7. Staying Cool & Calm



- Create a relaxing environment for your child
- Help them plan out coping strategies to deal with their stress
- Give them positive distractions away from studying
- Help them understand their stress & to focus on controlling the controllables
- Promote a balance of their academic studies & other activities during the week

8. Belief

- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve



**BELIEVE
YOU CAN
& YOU'RE
HALFWAY
THERE.**

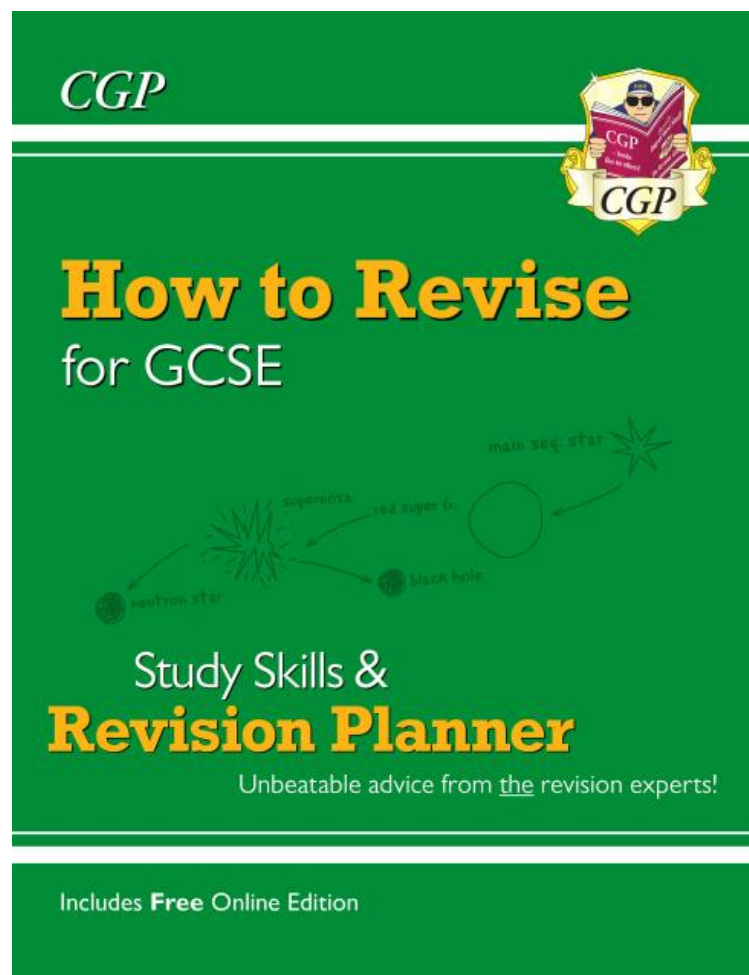
9. Be Supportive



- Be a good listener
- Be approachable
- Encourage them to take breaks in between revision
- Show some understanding of what they are going through
- Help them deal with their emotions & feelings
- Offer caring advice
- Just be there for them!

DREAM
BELIEVE
ACHIEVE

Revision resources



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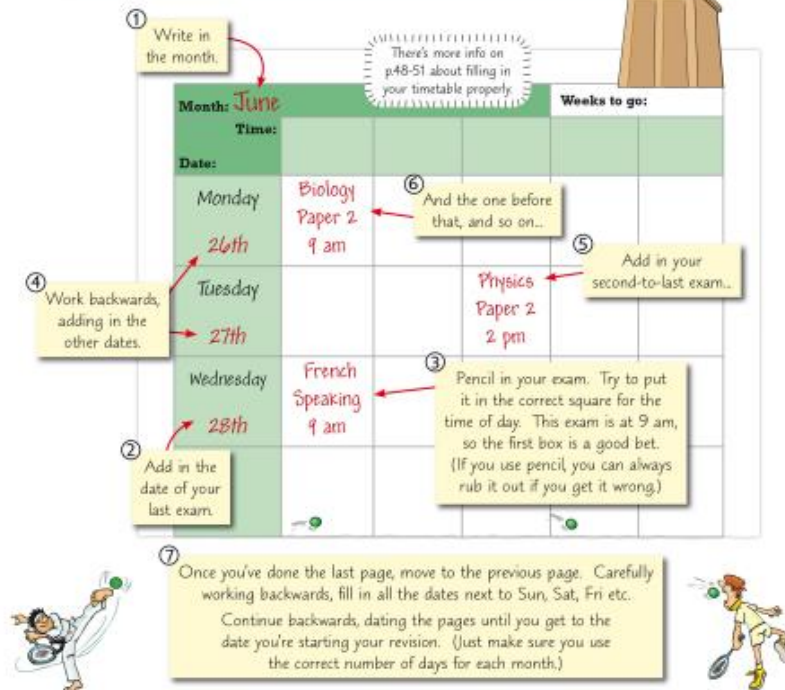
Make A Revision Timetable

3) Start Filling in your Revision Timetable

- Write down all your **exams** in the correct days on your **timetable**.
- Start from the **end** — write down your **last exam** on the **last page** of the timetable, then **work backwards**, filling in the dates and other exams until you get to your **first exam**.

EXAMPLE:

Say your last exam is French Speaking, on the morning of Wednesday 28th June. You'd follow the instructions shown below, in the correct order.

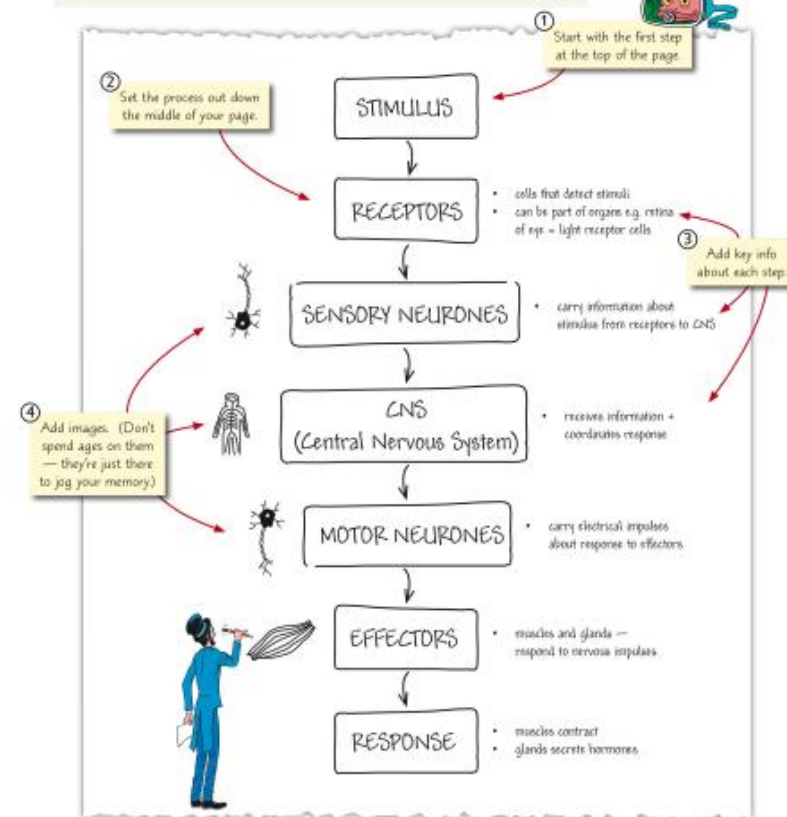


Your Revision Timetable

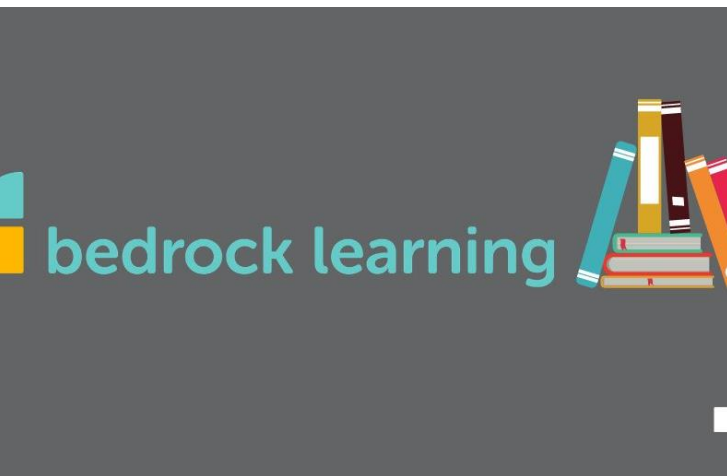
Making Flow Charts

EXAMPLE:

This is an example of a flow chart you could make for Biology, showing how the **Central Nervous System responds to stimuli**. It doesn't show everything about the whole topic but it shows you how to get started.



Revision Techniques



Websites and apps we have purchased:



ENGLISH



GEOGRAPHY



Additional websites:





Revision sessions:

Tuesday – Maths, French and
History

Wednesday – English

Thursday – Science, German
and Geography



Any questions?