



1st May 2026

Dear Parent/Carer of Year 11,

The Celebration Assembly is today and then exams start next week!

The lessons are nearly done. The revision is nearly wrapped up but the night before and the morning of an exam can quietly make or break how a student performs. Not the content. The mindset.

After many years of supporting Year 11 through this process, we know that the students who do best aren't always the ones who revised hardest. They're the ones who arrived ready.

TOP TIPS!

The evening before: Less is More!

Cramming new information rarely sticks and almost always increases anxiety. What helps is a light 30/45 minute review of cheat sheets, key terms or a quick mind map. Not learning anything new. Just reminding the brain it already knows this.

After that they need to switch off properly. Phone away (not on silent, actually away) at least an hour before bed. Then something genuinely relaxing. The brain consolidates memory during sleep so a good night's rest is one of the most powerful revision tools available. Sleep isn't giving up. Sleep is part of the preparation.

For the student who can't stop revising, remind them that rest strengthens what they've learned rather than erasing it. If they must do something a gentle read-through with a strict time limit is fine.

The morning of the exam:

A proper breakfast matters. Oats, eggs, toast, a banana. Steady fuel rather than a sugar spike that crashes before the first question. Build in time so there's no rushing. Arriving 10 to 15 minutes early gives students space to settle and breathe. Arriving stressed floods the body with cortisol which actively makes it harder to access memory.

One technique worth sharing

Slow breathing. In for four, hold for four, out for four, this genuinely calms the nervous system.



Control the controllable!

Ask your young person three things they do feel confident about. Starting from confidence rather than fear changes how the whole situation feels.

Ensure they are in school with time to spare – no rushing

Have water/spare pens/calculator and whatever equipment is needed for that day

Keep a copy of the exam timetable somewhere visible and cross off the exams when completed!

Reduce screen time/get to bed early/get up early – the end is in sight!

Be positive or at least pretend to be positive, it is only five weeks, and this is the end of their GCSE journey!

Any problems – let us know. We are here and will be here for you all until the very last exam!

WE HAVE GOT THIS!

Best wishes,

Year 11 Team