



## VALE OF YORK ACADEMY

### KEY STAGE THREE PARENTS GUIDE FOR SUPPORTING WITH TESTS AND EXAMINATIONS

Any tests or exams for your child can be a stressful time for the whole family. As a parent you can really support this process through encouragement and talking to your child about their feelings. Here are a few top tips to help you support your child.

1. **Planning time** – make sure they have revision and preparation time planned into the week. Sometimes activities out of school can cause extra stress so may need to be changed during this period.
2. **Being realistic** about how much time they should spend on revision, short 20 minute sessions are more effective than hour sessions. Make sure they have breaks and fun things they want to do in the breaks.
3. **Creating a study space** in your home, somewhere they can concentrate and have quiet time to study. If they share rooms with siblings, making sure they have time uninterrupted where siblings can't bother them.
4. **Provide a calm environment** – home life can be chaotic but during this time try to make it as calm and pleasant as possible.
5. **Motivation** – every child is different but everyone likes encouragement and rewards for working hard.
6. **Be mindful of their feelings** – they will be more stressed and anxious than normal so mood swings and angry outbursts may be more common during this period. Look for signs of stress and try to talk to them and listen without judgement.
7. **Support** – just be there if they need you, reassuring and supportive parents can boost a child's confidence. The 'can do' attitude needs to be encouraged.
8. **Fresh air** – make them go outside for a walk or some exercise this helps reduce stress.
9. **Sleep** – make sure they get enough sleep 7 to 9 hours, as research tells us that a good night's sleep improves memory and concentration.
10. **Nutrition** – make sure they have breakfast, plenty of water and money for a lunch or a pack up lunch. Being hungry or dehydrated causes loss in concentration and can negatively affect memory recall.