

# Supporting your child through their Exams

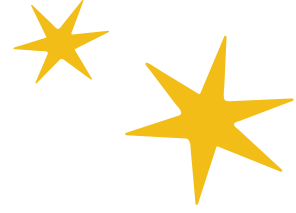
If you have any questions, please contact  
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# Content



Welcome

Top tips

Daily Preparation

Pupil support

Additional support

Final thoughts





GCSE examinations can be a worrying prospect for your child, and they will be under a great deal of pressure with coursework deadlines and examination preparation. Parents/Carers may find it difficult to support their children through this time. This parent guide is a presentation of possible strategies that may help you with this support.



## Please ensure that you:

- Ensure that your child attends school regularly and on time;
- Talk to your child about their learning, work they have to do and deadlines;
- Contact your child's tutor if you have any questions or concerns about your child;
- Check your child's revision timetable for mock exams which are in December;
- Check your child's examination timetable and ensure they understand when their exams take place;
- Read your child's copy of the Summer Examination Timetable.



## How to help your child during exams :

- Ask your child to go through their test results and projected grade for each subject.
- Support their organisation by knowing when their exams are and being punctual
- Make a study plan (timetable) with your child and monitor how they are following it.
- Praise and encourage.
- Make sure that your child eats well, takes breaks and sleeps before 23:00 every night.
- Observe and talk to your child to ensure their mental well being.
- Don't hesitate to contact the school for support, if you need it.
- Support your child in ensuring they complete their teacher improvement statements in their report.





## **Practical support that you can offer:**

- Provide them with a quiet place to study;
- Make sure they take regular breaks;
- Ensure that they eat healthy food and drinks plenty of water;
- Test them on the work they have been revising or encourage older siblings to test them;
- Ensure that they go to bed at a reasonable time and gets enough sleep;
- Ensure that they revises thoroughly for both the mock and final examinations.





# Daily preparation



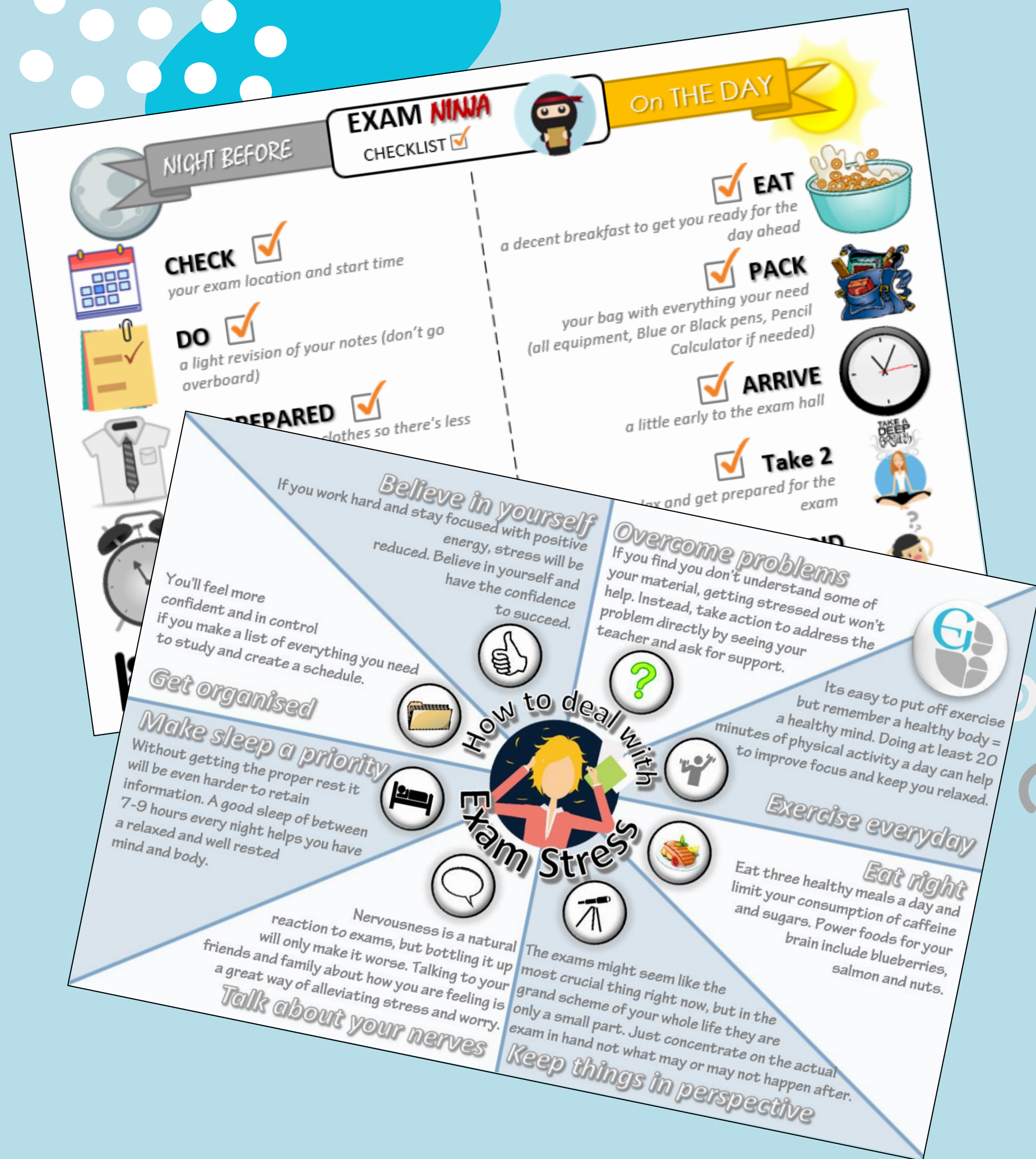
## The night before...

- ✓ Your child may be a little nervous so try to help them relax and get a good night's sleep.
- ✓ Avoid last-minute 'Cramming' – It might even make them forget what they've already revised.
- ✓ Make sure they've got everything they need for the exam.
- ✓ Remind your child that mobile phones or electronic devices are not allowed in the exam room.
- ✓ Double-check where and when the exam will be.
  - ✓ Set more than one alarm clock

## The big day...

- ✓ Make sure your child is up in plenty of time and before the exam.
- ✓ Your child should have a good breakfast or lunch. Encourage 'brain foods' such as bananas.
- ✓ A bottle of water will help them stay alert through the exam.
- ✓ Try to ensure that your child leaves the house with plenty of time to get to the exam.
  - ✓ Wish them well.
- ✓ When it's done, ask your child how it went, but don't let them dwell on it if they don't think they did well.
- ✓ And when the last exam is over, maybe reward the time and effort they've put into revising and doing their best.





## Practical support we are giving to pupils:

- Sessions during community to promote wellbeing;
- Guidance on preparing for exams (night before and on the day)
- Intervention sessions to support revision;
- Morning breakfast sessions;
- Tutors available for additional support and guidance.





# Useful Websites



For more resources that may be useful, see the links below:



**Childline's advice on Exam Stress and Pressure NSPCC leaflet on avoiding exam stress:**

**[www.nspcc.org.uk/globalassets/documents/advice-and-info/beat-exam-stress.pdf](http://www.nspcc.org.uk/globalassets/documents/advice-and-info/beat-exam-stress.pdf)**

**13 tips on dealing with stress:**

**[www.stressbusting.co.uk/how-to-deal-with-exam-stress](http://www.stressbusting.co.uk/how-to-deal-with-exam-stress)**

**Tips on coping with stress from the Royal College of Psychiatrists:**  
**[www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/coping-withstress.aspx](http://www.rcpsych.ac.uk/healthadvice/parentsandyoungpeople/coping-withstress.aspx)**


**Young Minds:**

**<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>**

**BBC:**

**<https://www.bbc.co.uk/bitesize/groups/cd5exmm663et>**

**NHS: <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>**



# Exam timetable

YEAR 11 GCSE FINAL EXAMS TIMETABLE 2025				
Non-timetabled Assessments				
Week of Monday 24th March	Pearson Art and Design Practice Exam			
Week of Monday 31st March	OCR Art			
	OCR Photography			
Week of Monday 28th April	AQA French Speaking Assessments			
	AQA Spanish Speaking Assessments			
Timetabled Assessments				
WEEK OF 5 MAY	Morning	Duration	Afternoon	Duration
Tuesday 6th May	Pearson Health & Social Care	2 Hours		
Thursday 8th May	AQA Drama Paper 1	1 hour 45 minutes		
Friday 9th May			OCR Business Studies Paper 1	1 hour 30 minutes



<b>WEEK OF 12 MAY</b>	<b>Morning</b>	<b>Duration</b>	<b>Afternoon</b>	<b>Duration</b>
Monday 12th May	<b>AQA English Literature Paper 1</b>	1 hour 45 minutes	<b>OCR Computer Science Paper 1</b>	1 hour 30 minutes
Tuesday 13th May	<b>AQA Religious Education Paper 1</b>	1 hour 45 minutes	<b>AQA Science Biology Paper 1</b>	1 hour 15 minutes
Wednesday 14th May	<b>AQA Geography Paper 1</b>	1 hour 30 minutes		
Thursday 15th May	<b>AQA Maths Paper 1</b>	1 hour 30 minutes		
Friday 16th May	<b>Pearson History Paper 1</b>	1 hour 20 minutes	<b>OCR Business Studies Paper 2</b>	1 hour 30 minutes
<b>WEEK OF 19 MAY</b>	<b>Morning</b>	<b>Duration</b>	<b>Afternoon</b>	<b>Duration</b>
Monday 19th May	<b>AQA Science Chemistry Paper 1</b>	1 hour 15 minutes		
Tuesday 20th May	<b>AQA English Literature Paper 2</b>	2 hour 15 minutes	<b>OCR Computer Science</b>	1 hour 30 minutes
			<b>OCR Child Development</b>	1 hour 15 minutes
Wednesday 21st May	<b>AQA French Listening &amp; Reading</b>	1 hour 45 minutes	<b>AQA Religious Education Paper 2</b>	1 hour 45 minutes
Thursday 22nd May	<b>AQA Science Physics Paper 1</b>	1 hour 15 minutes	<b>OCR Sport Science</b>	1 hour 15 minutes
Friday 23rd May	<b>AQA English Language Paper 1</b>	1 hour 45 minutes		
<b>HALF TERM: COME IN FOR REVISION SESSIONS</b>				

<b>WEEK OF 2 JUNE</b>	<b>Morning</b>	<b>Duration</b>	<b>Afternoon</b>	<b>Duration</b>
Monday 2nd June				
Tuesday 3rd June				
Wednesday 4th June	<b>AQA Maths Paper 2</b>	1 hour 30 minutes		
Thursday 5th June	<b>Pearson History Paper 2</b>	1 hour 50 minutes	<b>AQA French Writing</b>	1 hour 15 minutes
Friday 6th June	<b>AQA English Language Paper 2</b>	1 hour 45 minutes	<b>AQA Geography Paper 2</b>	1 hour 30 minutes
<b>WEEK OF 9 JUNE</b>	<b>Morning</b>	<b>Duration</b>	<b>Afternoon</b>	<b>Duration</b>
Monday 9th June	<b>AQA Science Biology Paper 2</b>	1 hour 15 minutes	<b>OCR Creative Imedia</b>	1 hour 30 minutes
Tuesday 10th June	<b>AQA Spanish Listening &amp; Reading</b>	1 hour 45 minutes	<b>Pearson History Paper 3</b>	1 hour 30 minutes
Wednesday 11th June	<b>AQA Maths Paper 3</b>	1 hour 30 minutes		
Thursday 12th June	<b>AQA Geography Paper 3</b>	1 hour 30 minutes	<b>WJEC Hospitality &amp; Catering</b>	1 hour 20 minutes
			<b>AQA Further Maths Paper 1</b>	1 hour 45 minutes
Friday 13th June	<b>AQA Science Chemistry Paper 2</b>	1 hour 15 minutes		



WEEK OF 16 JUNE	Morning	Duration	Afternoon	Duration
Monday 16th June	<b>AQA Science Physics Paper 2</b>	1 hour 15 minutes	<b>OCR Music</b>	1 hour 30 minutes
Tuesday 17th June	<b>AQA Spanish Writing</b>	1 hour 15 minutes		
Wednesday 18th June			<b>AQA Further Maths Paper 2</b>	1 hour 45 minutes
Thursday 19th June				
Friday 20th June				
WEEK OF 23 JUNE				
Monday 23rd June				
Tuesday 24th June				
Wednesday 25th June	<b>*Contingency Day*</b>			
	All pupils are expected to be available in the event of a rescheduled exam taking place.			

**End of Exams**



# Final thoughts





SUCCESS

I WILL

DO IT

I CAN DO IT

I'LL TRY TO DO IT

HOW DO I DO IT?

I WANT TO DO IT

I CAN'T DO IT

I WON'T DO IT

A line drawing of a young woman with long hair, wearing a backpack and holding a folder, walking out of an open classroom door. Inside the room, there are desks, chairs, and a teacher's desk with a question mark on it. The background is a solid light blue with decorative white dots and blue shapes.

# THANK YOU

Feel free to approach us if you  
have any questions.

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