

RMCG/KRE

15th May 2025

Dear Year 11 Parents/Carers

One week done. Year 11 have had an excellent start to their exams and I could not be prouder of them. In this letter I want to share with you ways we can work together to help support your child further.

I think I want to start with a clear message: exam stress is normal. If your child is struggling they are not alone; this is the first time your children have sat formal exams in their lives. They did not go through the SATs process or even get to leave Primary School normally due to Covid. Those milestones in younger years build resilience and experience for everyone.

Secondly, the source of worry is the exams themselves, not school. But the best qualified people to help your children are here at school hence why we have reorganised our timetable to ensure your children are in the lessons they need to be right now. There is no wasted time in school. But it also allows them to check in with friends and staff. To support them further I have introduced a post exam phone embargo so they can text you and let you know how exams have been. Be aware though the usual response is one of these two options.

1. It was easy!
2. It was a total disaster!

So, I will reiterate what was written in the last letter:

- Study leave leads to poorer results so we don't do it. It will not be authorised for any student for any reason so please do not request.
- The best place for support is in school.
- The academy will not allow students to leave after exams unless medical appointment evidence is provided.
- Students are expected to attend every day, we have reorganised their timetables to ensure appropriate preparation for exams.
- Students who do not meet our expectations will not be able to attend our leavers' events which includes shirt signing day, leavers' assembly and the Prom.

Exams next week:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM – Chemistry PM – PE	AM – English Literature PM -Computing	PM – RE and Geology	AM – Physics	AM – ENGLISH Language

/cont'd



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Top Tips for Parents:

1. Acknowledge exam stress, it is real but it is normal.
2. Limit device use, phones and tablets, especially later at night as it can really disrupt sleep.
3. Limit device use, if your child is on forums where exams/revision are discussed it will usually cause more stress.
4. Encourage breaks, burn up some energy – go for a walk etc.
5. Revise in small 30 minute chunks with breaks and treats!

The first week has gone well and I know next week will too. Please do get in touch if you need any advice.

Yours sincerely

Richard McGuire
Principal