



27 March 2018

Dear Parent / Carer

Year 11 GCSE Preparation Evening

The GCSE examinations are approaching fast and as you will be aware your daughter has been working extremely hard in order to prepare for these. We understand, however, that whilst the exam period is stressful for students, parents also experience “exam stress” when trying to support their child through this demanding period.

With this in mind we would like to invite you and your daughter to attend our “GCSE Preparation Evening” on Tuesday May 1 at 7 p.m. The hour long presentation will provide you with:-

- Information relating to the Examination Period
- The revision resources and sessions available to your daughter
- How to support your daughter during the examination period
- How to prepare your daughter for the challenge of sitting exams.

We provide an extensive programme of revision sessions at Fort Pitt but we know that the vast majority of revision takes place at home. So this evening will provide some invaluable advice for students and parents.

Please follow the link to confirm your attendance: <http://fortpitt.medway.sch.uk/new/?p=7308>

Over the Easter break Fort Pitt will be offering a range of revisions sessions across several subjects. The sessions are, of course, free of charge. However spaces may be limited, so it is important for your daughter to confirm her place with her teacher as soon as possible. The schedule is shown below and as you will notice sessions do take place at the same time. Your daughter will need to choose the most appropriate sessions to attend. However, be assured that the revision materials for each session will be available after the session. The timings and locations of these sessions will be confirmed by teachers and students should ask for these details in lessons.

Date	Day	AM		PM	
		GCSE	Time	GCSE	Time
April 3rd	Tuesday	Physics Mr Reader in S20	9am to 1 pm		
April 4th	Wednesday	Maths 4 to 5 Grade Mrs Wellspring	10 am to 2:30pm		
April 4th	Wednesday	Textiles Miss V Melhuish Art Block	9am to 1 pm		
April 5th	Thursday	PE Miss Tickner S24	9am to 1pm		
April 5th	Thursday	Maths 6 and 7 grades Mr Lillie S25	10 am to 2:30pm		
April 5th	Thursday	Fine Art Mrs McGinn Art Block	9am to 2:30pm		
April 6th	Friday	English Mrs Page S12	10 am to 12pm	History Mrs Bambling	1pm to 3:30pm
April 9th	Monday	Drama Mrs Reeves Drama Studio	9:30am to 1pm		
April 10th	Tuesday	PLE Mr Roche E2	9am to 2 pm		
April 11th	Wednesday	Geography Mrs Hibbins E4	9:30 to 12:30	Geography Miss Smith E4	1:30 to 3:30
April 11th	Wednesday	Maths Grades 5 to 7 Mrs Brownridge	10 am to 2:30pm		
April 12th	Thursday	Maths Grades 8 and 9 Mrs Spring	10 am to 2:30pm		
April 12th	Thursday	Graphics Mrs Bray Art Block	9am to 2pm		
April 13th	Friday	English Mr Holmes S15	9 am to 1 pm	History Mrs Bambling	1pm to 3:30pm

Please note that extra sessions may be added.

Study Leave and Revision Sessions

I would also like to inform you that your daughter's final day in school will be **Thursday 10 May**. It is essential that your daughter attends this final day as we will be running an examination briefing during which we will run through the necessary rules, regulations, timings and procedures during the exam period. Students will be dismissed at approximately 1:30 p.m. on this day.

We will be also be running revision sessions during the examination period to coincide with particular examinations. Further details will be shared with students in due course.

Please note that if your daughter wishes to come into school to revise during the exam period she will need to wear school uniform, sign in and out and use the allocated room for private revision.

Support during the exams

If you do have any concerns in the lead up to the exams or during the exam period do not hesitate to Mrs Boulwood in PACE.

Finally, as I have mentioned previously, the exam period is a stressful time for parents as well. So with this in mind please read through our 8 top tips for parents during this time.

Yours faithfully

Mr D Reader
Assistant Headteacher

8 Top Tips to Get Through The GCSEs

1. Be realistic

Encourage your child to follow a realistic review programme that incorporates 5-minute breaks (every 30 – 40 minutes) and factors in fun things they want to do, watch TV, see friends. This helps maintain a work/life balance, something we all strive for.

2. Make learning part of the culture at home

Encourage the learning, revision and memorising process to be part of the home. Provide a noticeboard (or give them an entire wall!) for their notes, posters, timetables etc. It helps to have this visible so you know what is going on too.

3. Provide a calm working space

Ensure they have a suitable space for working in, away from distractions. If they share a bedroom or have to work in a family space give them “**red time**” where siblings (and you) can't bother them so they have quality, quiet time to study.

4. Show them you're interested

Show them that you are interested in their work and have fun with it. Revision doesn't have to be hours of staring at notes hoping it sinks in. Encourage them to use Mind Maps (they are utterly brilliant), create colourful posters, and enjoy creating imaginative memory palaces together.

5. Recognise their effort

Give praise for accomplishment and effort. If your child is working hard recognise it, everyone needs encouragement from time to time.

6. Be a team

Teachers are partners. They want the best for your child just like you do. Find out what is expected and stay informed.

7. Be calm and positive

This is the most important one of all - don't get discouraged! Sometimes the going gets tough; remember to act calm and positive. Don't let yourself get drawn into arguments and negativity. If a child is angry about schoolwork it is often because they think they can't do it. It is your job to show them they *can*.

8. Be healthy

Healthy Body, healthy mind. Encourage your daughter to sleep well, eat well and live well. Exercise is essential for reducing stress levels and encouraging good sleep patterns. Healthy Eating is vital. A good breakfast each morning is essential, never sit an exam on an empty stomach. Likewise the body needs to be hydrated, so water is an essential part of healthy living.