

Dear Parent / Carer

Assessment timetable for Year 7, Monday 14th November – Friday 2nd December

As we approach half term, we wanted to take the opportunity to share with you the timetable of assessments that your child will sit during the next half term. Our assessment period spans two school weeks: Monday 14th November until Friday 25th November. Your child will sit assessments in Maths, English and Science to assess their progress against our planned curriculum and to identify any areas for curriculum development.

Revision sessions will be taking place in lessons and will continue to do so throughout this period. Your support in ensuring that your child attends all of their lessons is very much appreciated.

W/C 14th November (A)	Session 1	Session 2	Session 3	Session 4
Monday				
Tuesday				
Wednesday	English (except CPT)	Science (apart from VAM)		
Thursday	VAM Science	English (CPT)		
Friday				
W/C 21st November (B)	Session 1	Session 2	Session 3	Session 4
Monday				
Tuesday				
Wednesday	Maths (all classes)			
Thursday				
Friday				

The assessment information will be shared with parents in the Autumn term reports to help give an overview of your child's progress. Not all subjects will be assessed in the first rotation of assessments; this is due to the time allocation of subjects and the curriculum coverage. Subjects not assessed in this cycle will be assessed during the spring term.

Assessments, of any kind, can cause anxiety and stress for students. There are many things that you can do to support their revision and the assessment period itself. Please speak to us at school if you are concerned or need advice; below are some suggestions that can help.

- Work with your child to find what revision style works for them.
- Encourage your child to take revision breaks and to find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Encourage them to take some time after revising to wind down.
- Reassure them – reinforce that you are and will be proud of them no matter what happens.
- Remain positive and hopeful!
- Plan a treat or an activity together to mark the end of the exams.
- Set aside one to one time so that they can talk to you about any worries.

- Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- Anxiety is often worst at night and this means it is useful to encourage a good bedtime routine.
- Work with them to develop relaxation techniques.
- If anxiety and stress start impacting their day-to-day life, seek help from your GP and please do liaise with our pastoral team

Once again, please do not hesitate to contact school if you have further questions.

Yours faithfully

Kate Jones

Deputy Head