

Dear Parent / Carer

### Assessment timetable for Year 8, Monday 14<sup>th</sup> November until Friday 2<sup>nd</sup> 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 three school weeks: Monday 14<sup>th</sup> November until Friday 2<sup>nd</sup> December. Your child will sit assessments in most subjects and this is 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	8.1 & 8.3 Geography			
Tuesday				
Wednesday		8Eng/1 & 8Eng/5		8 Eng/3 & 8 Eng/4 & 8 Eng/2
Thursday	8.2 & 8.4 Geography	Science – all classes		
Friday				
W/C 21st November (B)	Session 1	Session 2	Session 3	Session 4
Monday	History 8aH3			
Tuesday		History 8aH2 & 8aH4		
Wednesday		History 8aH1 & 8aH5		
Thursday				
Friday				
W/C 28th November (A)	Session 1	Session 2	Session 3	Session 4
Monday	French- 8A2 Listening and Reading			
Tuesday				
Wednesday		French- 8A4 Listening and Reading		French- 8A1 Listening and Reading
Thursday	French- 8A5 Listening and Reading			
Friday		Maths (all classes)		French- 8A3 Listening and Reading

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