



Poynton High School
Year 10 Parent and Carer Examination Bulletin – June 2021

Dear Parents and Carers

I wanted to write to you to pass on how proud we are of our young people and the way in which they have conducted themselves over recent weeks. As you know, year 10 students are due to sit their year 10 examinations next week and have been working exceptionally hard in their lessons and at home to prepare for this.

Supporting your young person through the exam process

We often talk to students about a holistic approach to exam preparation, not only is it important to revise learnt topics for their exams but it is important to ensure they are preparing themselves mentally and physically too.

Please check out the link below to learn hints and tips about preparing for exams at home.

<https://www.phs.cheshire.sch.uk/keystage4exams>

8 hours sleep! The weather is due to be a little cooler and so hopefully our sleep patterns will return to normal – please encourage your young person to go to bed early and remove distractions like phones before bed. Feeling rested will enable our young people to remain focused during this time.

Hydrate and eat well!

Food is fuel, I am not suggesting that it will be easy to coax your young person to put the bar of chocolate down and reach for a piece of fruit instead but please encourage them to eat a good, healthy and substantial breakfast on the morning of their exams not only will this reduce the chorus of rumbly tummys in the silent exam hall but it will help to focus their brains on the task in hand. We encourage students to take water in to their exam but remind them to remove any labels.

Keeping everyone safe

It is our priority as a school that we are keeping our young people and our school community safe. On Friday we will be testing all students that have given consent and are asking all students to remember to take their lateral flow tests on Sunday evening to ensure that we are taking every precaution to allow the exams to go ahead safely.

Students can find details of their seating and exam location on the year 10 Google classroom page, we have taken the decision to seat students in their own dedicated exam desk for all exams to reduce movement amongst students.

If you have any questions about the year 10 examinations please do let us know.

Thank you for your continued support.

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