

MILLOM SCHOOL

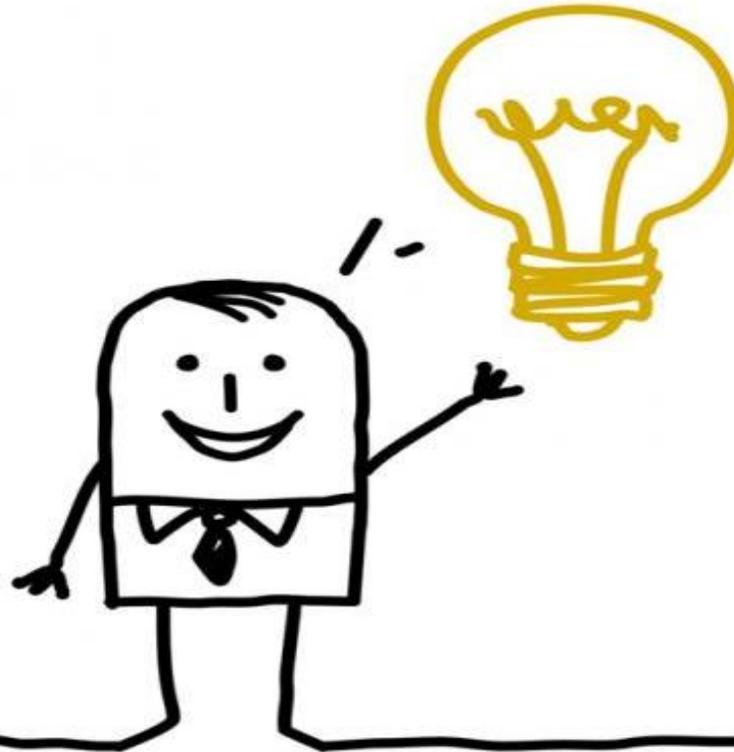


MILLOM SCHOOL

2025-26



Key Stage 4



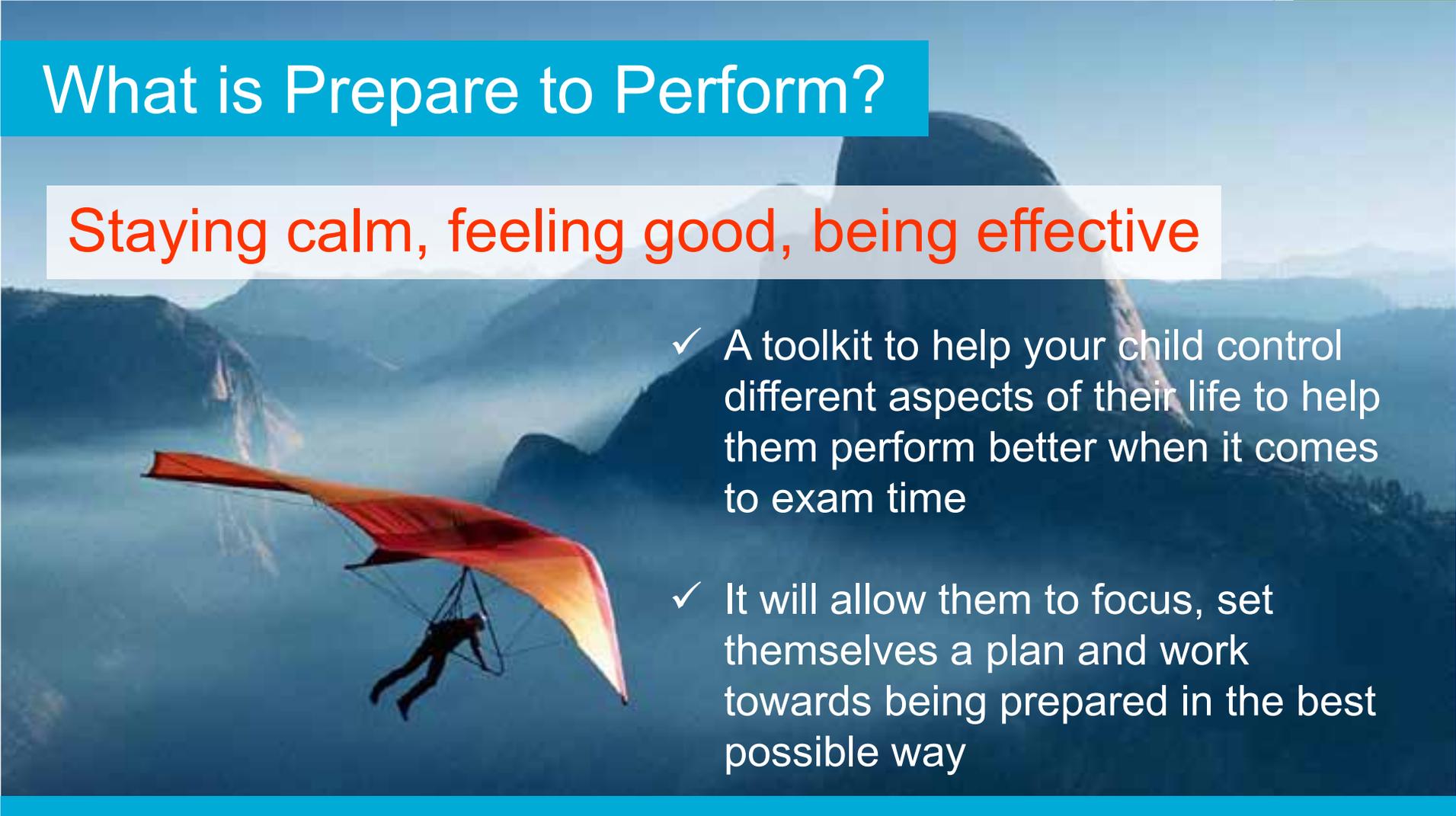
Top 10 tips to support your child through their exams



What is Prepare to Perform?

Staying calm, feeling good, being effective

- ✓ A toolkit to help your child control different aspects of their life to help them perform better when it comes to exam time
- ✓ It will allow them to focus, set themselves a plan and work towards being prepared in the best possible way



How can you help your child and prepare them to perform?

1. Being a role model
2. Help them set goals
3. Keep them active
4. Healthy eating
5. Time out
6. Sleep patterns
7. Unplugging
8. Staying cool & calm
9. Belief
10. Be supportive

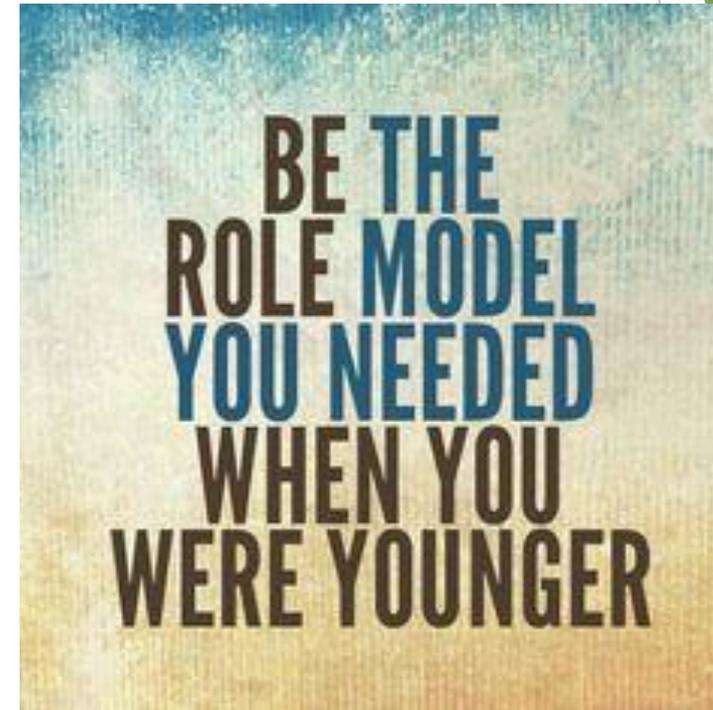
Each day you can support your child to make choices which can impact how they perform during the exam period



1. Being a role model

Set a good example by modelling the behaviour you want your child to adopt...

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



2. Goal Setting

- **Encourage** them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about ‘**why**’ and ‘**what**’ they want to achieve



3. Keeping Active

- Encourage them to keep active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Plan to do active things together on a weekend
- Go out for a walk together and get some fresh air
- Help them plan out their weekly exercise schedule in advance
- After exercise your brain functions well, so encourage a revision session afterwards

60
minutes
per day



4. Healthy Eating

- Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- Carry out a weekly food shop and make sure you write a list
- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Have a couple or 'treat' meals / or meals out per week
- Use the Mark Lloyd recipes and meal planner as guidance
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them



4. Healthy Eating

A BALANCING ACT

Keep your sugar levels under control.

Carbohydrates Macro Cheat Sheet

Carbohydrates Breads Rice Couscous Cereals Bran Potatoes Pasta Oats Cream of Wheat Corn English Muffins Pancakes Whole Wheat/ Whole Grains Vegetables Squash Pumpkin Berries Fruits Sugars	Proteins Beans Sprouted Grains Quinoa Most Yogurts Skim Milk Peas Chicken Turkey Egg Whites Fish Buffalo Bacon Whey Protein Turkey Bacon Lean Beef Low/Non-fat cottage cheese Low/Non-fat greek yogurt	Fats Eggs Salmon Bacon Chia Seeds Cottage Cheese Whole Fat Milk Duck Whole-Fat Yogurt Avocado Nut Butters Egg Yolks Nuts Oils Olives Flaxseed
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Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams

MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

Green vegetables
Nuts
Pulses
Fish
Bananas

UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

Green vegetables
Asparagus / Spinach
Broccoli
Yoghurt
Chicken / Salmon
Whole Grains / Brown rice
Almonds / Pecans
Eggs



5. Time Out

Encourage them to build in opportunities to take some time out every week, away from study. For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema

An alarm clock with a white face and black numbers is placed on a wooden table. The background is a blurred outdoor setting with a wooden bench and a metal fence.

TAKING TIME OUT

IS AS IMPORTANT AS PUTTING TIME IN



6.Sleep Patterns

- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime



7. Unplugging

- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their phone
- ✓ Choose some time each day/week to switch off and unplug from technology with them



8. Staying Cool & Calm

- Set a good example by staying calm yourself
- Create a relaxing environment for your child
- Help them plan out coping strategies to deal with their stress
- Give them positive distractions away from studying
- Help them understand their stress & to focus on controlling the controllables
- Promote a balance of their academic studies & other activities during the week



9. Belief

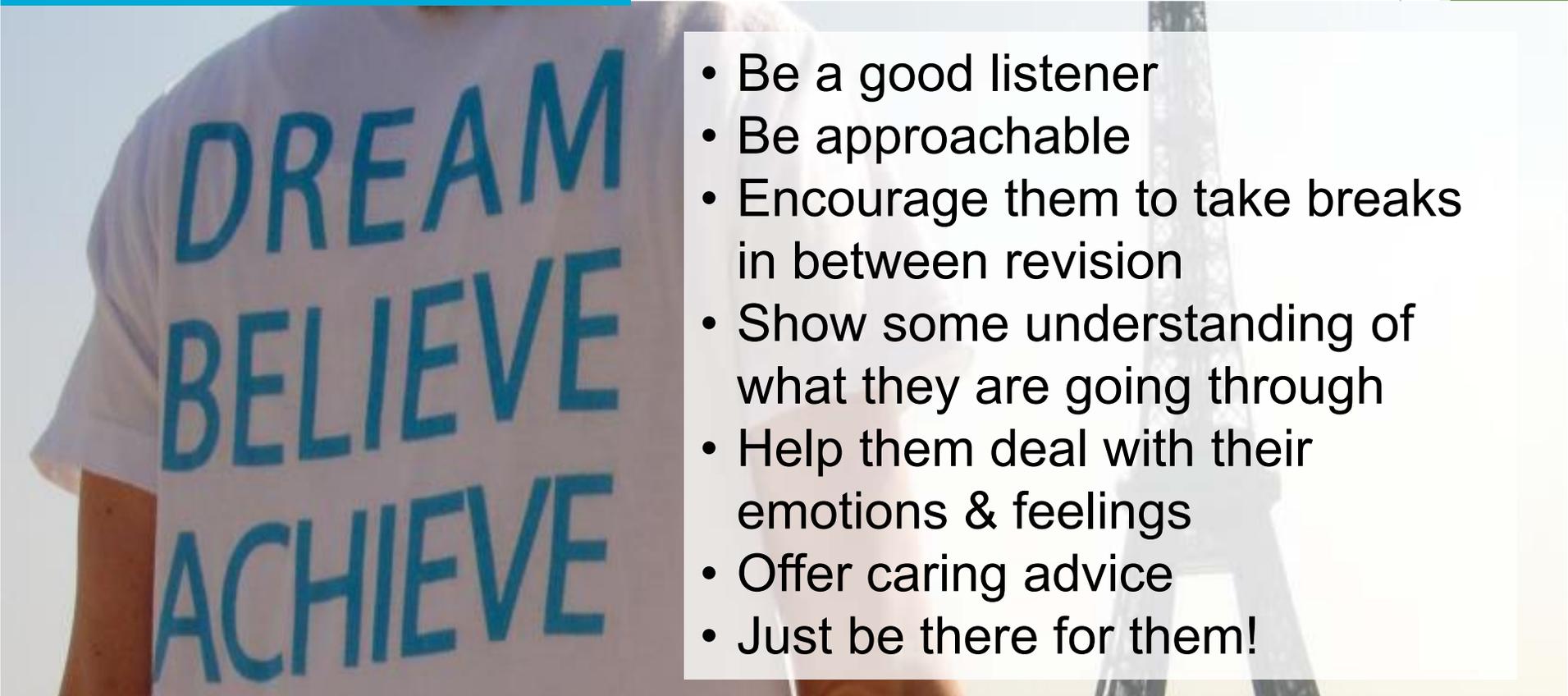
- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Try not to set your expectations too high
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve

A framed sign with a black border and white background, containing the text "BELIEVE YOU CAN & YOU'RE HALFWAY THERE." in a bold, black, sans-serif font. The sign is positioned on the right side of the slide, overlapping a background image of a person holding a red balloon against a sunset sky.

**BELIEVE
YOU CAN
& YOU'RE
HALFWAY
THERE.**



10. Be Supportive



- Be a good listener
- Be approachable
- Encourage them to take breaks in between revision
- Show some understanding of what they are going through
- Help them deal with their emotions & feelings
- Offer caring advice
- Just be there for them!



Why do we need to help our children develop their independence?

- The reformed GCSEs and A Levels are more challenging
- To get top marks in many of the qualifications, students need to be able to have read widely and think critically
- At Sixth Form, College, University and the world of work, people expect young people to be independent
- We need to get them ready for the next stage of their lives
- They need to take ownership of their own learning



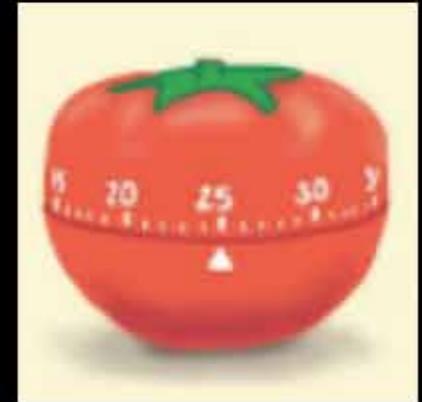
Retrieval Practice

- This is a learning strategy where we focus on getting information out – retrieving it from our minds.
- Use your notes/textbooks etc to make a list of important information and content that you need to know for your subject.
- Create quizzes for yourself, use flashcards, complete past exam questions – just make sure that you DON'T use your notes when answering .
- Retrieve as much information as you can before you check your answers. It's important for you to find out what you still need to work on and where you should focus the next stage of your revision.



The Pomodoro Technique

- This is a well known revision technique that helps you to keep your focus.
- It is named after the Italian word for tomato and is based on the tomato kitchen timer!
- 1 pomodoro = 25 minutes



The Pomodoro Technique

For more information on how the pomodoro method works, click the link below:

<https://www.youtube.com/watch?v=mNBmG24djoY>

THE POMODORO TECHNIQUE®

A SIMPLE METHOD TO BALANCE FOCUS WITH DELIBERATE BREAKS

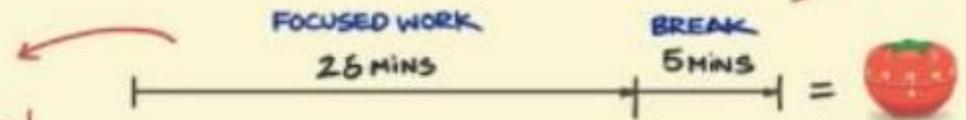


1 PLAN YOUR TASKS
How many pomodoros might you need?

2 DO 1 POMODORO
Time for 25 mins then take a 5 min break

NO SNEAKY WORKING!

PROTECT YOUR POMODORO!



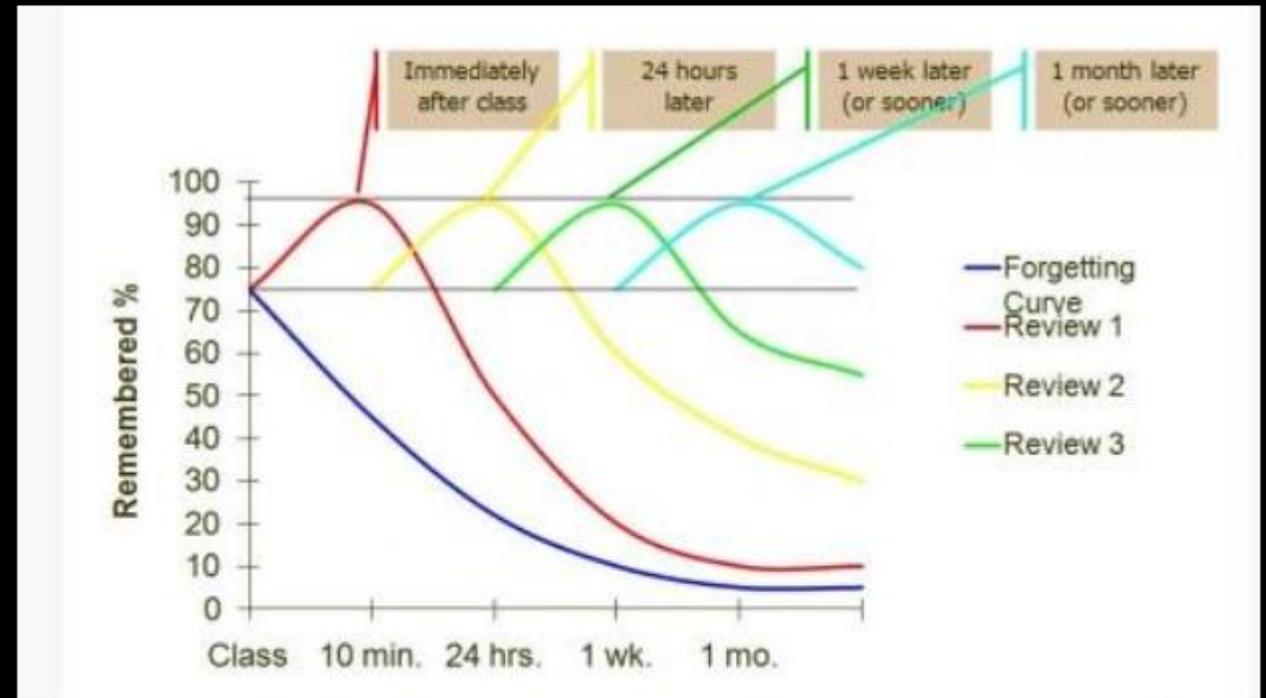
3 REPEAT x 4 POMODOROS
Then take a longer break



Spaced Retrieval

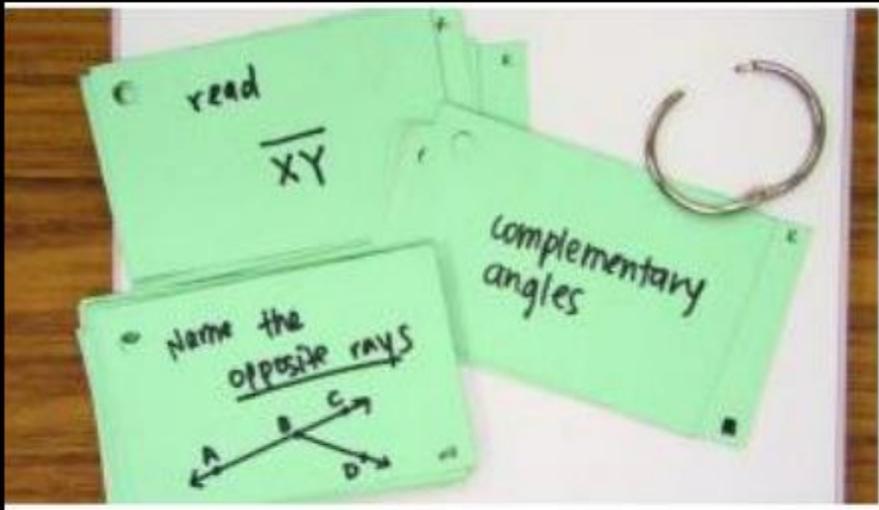
https://www.youtube.com/watch?v=VkPIQ4gjk8M&list=RDCMUcBX_-ls-dXuhFNSWSXcHrTA&index=4

- You need to space out the revision that you do in your manageable chunks to ensure that you revisit and keep practicing to overcome the forgetting curve.
- The graph to the left gives you a visual example of how to do your spaced retrieval to maximise learning.



Flashcards

- Create a set of Q+A flashcards to quiz yourself on content.



List it

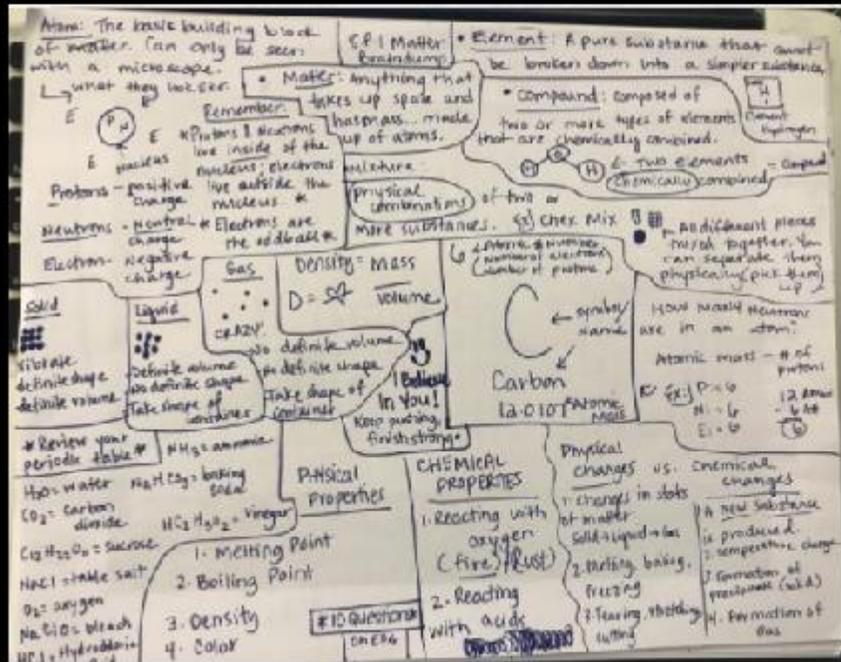
Select one of the following to list:

- Key terms
- Facts
- Quotes
- Etc



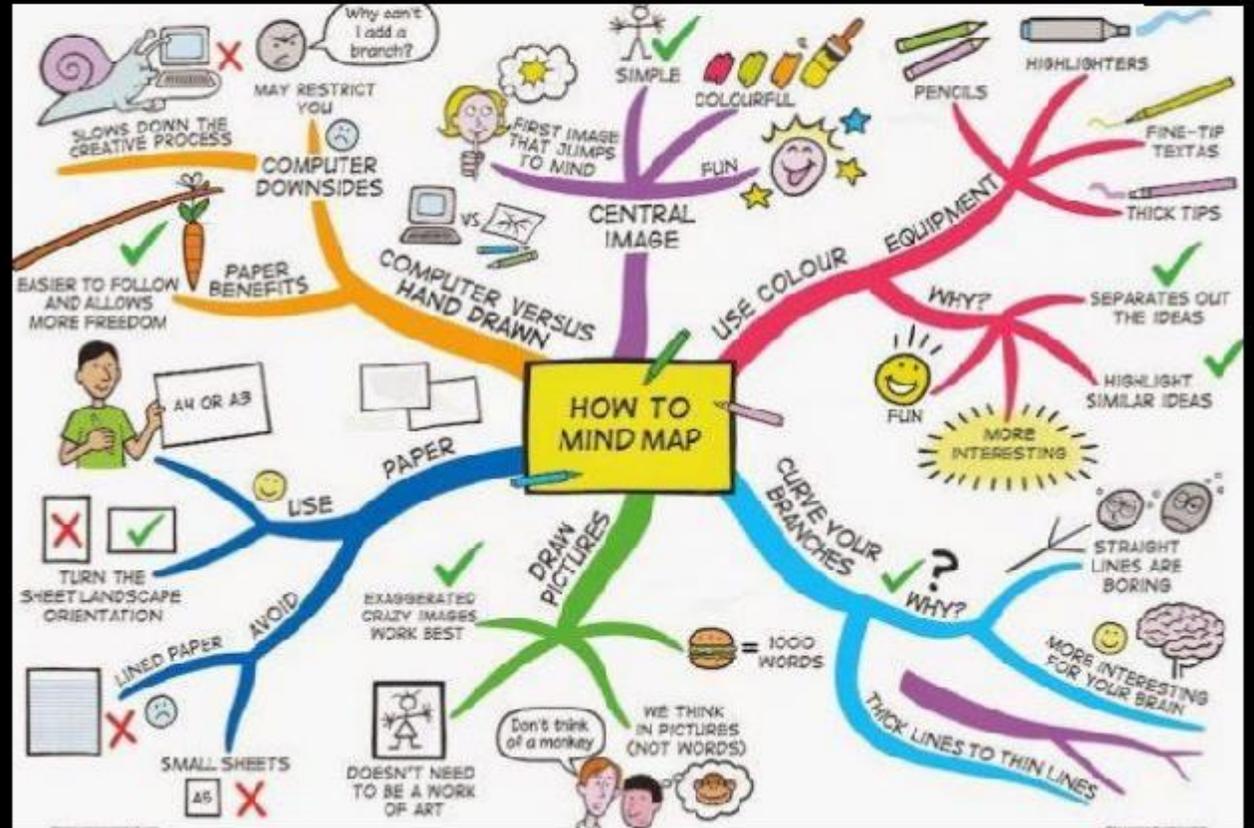
Brain Dump

Write down everything that you can remember about three topics.



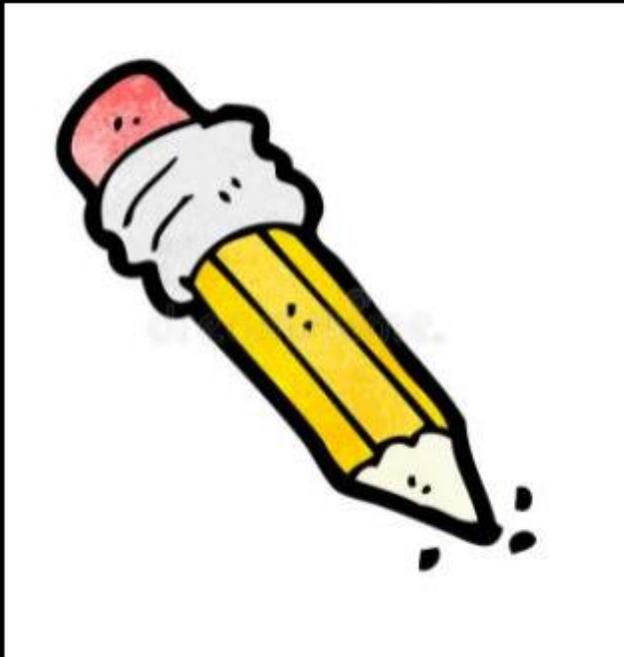
Mind Map

Create a mind map with points elaborated and extended



Sketch It

Sketch what you can remember about three topics.



Exam Questions

Answer a past exam question in timed conditions and use the mark scheme to self assess.

