

Information Evening



MEADOW PARK
SCHOOL

Supporting your child as a parent/ carer



scary

Not only for students but for parents too.

Stress

Confusion

Fear

Anticipation

GCSEs

GCSEs are ever evolving and changing

You are not the expert and that is ok!

Your child has expert teachers

9 to 1 – is the grading system used

Exam Boards



Know your child's exam boards

Purchase/ use the correct revision guides

Exams start in May and go through until the end of June

Revision guides available on Parent Pay

Parental support is key

Parental support is important for academic success.

You don't need to be an expert in subjects to make the difference.

Time, support, encouragement, commitment and positivity are more important.

Showing interest and providing motivation is enough

Common frustrations

- “They leave everything to the last minute. Then it's all stress and stropping”
- “I was no good at a certain subject, so how can I help?”
- “Why does it always lead to an argument?”
- “I don’t understand the subjects or exams they do?”
- “I try to make them work but there is always an excuse”

Sleep

Sleep is essential to brain function
and optimal health

Between 8 to 10 hours

Revision/homework needs to finish
at least an hour before sleep.



Healthy diet

- Food is fuel for the body and mind
- Regular meals at regular intervals
- Breakfast (of some sort)
- Water/Hydration - increases productivity.
- Reduce bad habits – energy drinks!



Environment – a place to study

Find a **calm location** in the home.

Different people have different needs:

- Music vs no music
- Bedroom vs not the bedroom
- Desk/table vs soft chair/bed



Breaks and time to relax

Optimum work time – 40 mins followed by 10 min break.

2/3 per night max

Plan for down time –

Doing things your child enjoys

Days off!

Essential for you and your child



It's a whole new world

- **Mobile phones and computers**
 - Youtube
 - Revision sites
 - Apps
 - Blogs/Vlogs
 - Podcasts
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- A healthy relationship with technology and social media!



What we offer

Point of contact

Intervention

Experts

Subject knowledge

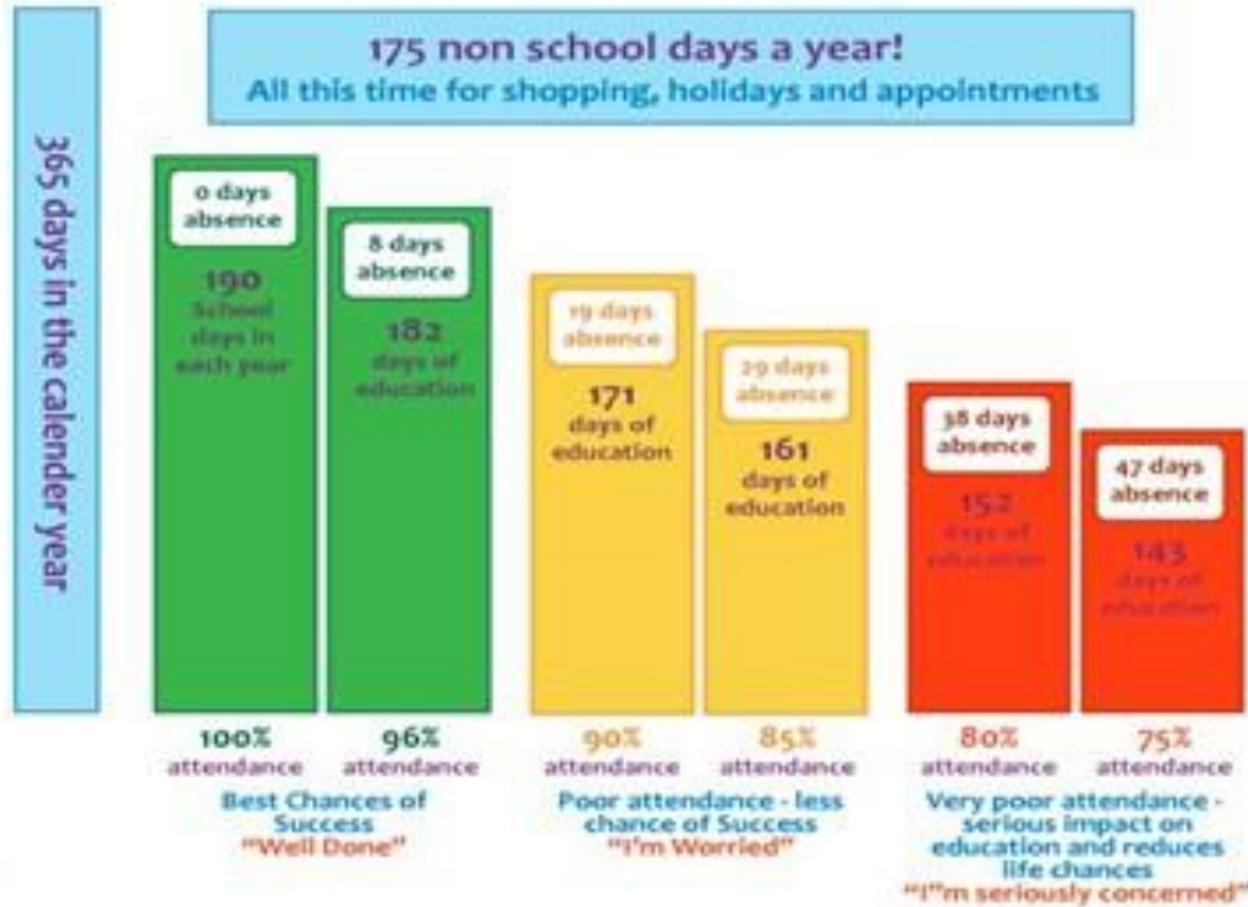


After School Intervention Timetable



Good Attendance Means...

being in school at least 96% of the time. This means 8 Days Off!



Be on time – to school and to lessons

Good luck Year 11